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KILLER NURSE?
Accused of Poisoning Her Husband

NEW DETAILS
What's *Really* Going on with Britney

Lori Loughlin
'Terrified' to Spend 2 Months in Prison

Matteo
Born
July 31

Buddy
Born
August 1

People
Exclusive!

The Bella Twins

Double Baby Joy!

WWE wrestlers turned TV stars **Nikki** & **Brie Bella** open up about welcoming sons less than one day apart and the bond that's gotten them through tough times

September 7, 2020

IT'S NOT A MYSTERY: EVERYONE NEEDS A BEST FRIEND

Got the feeling something isn't quite right? Zoinks! You may be missing a very best friend. Don't panic. With thousands of homeless pets around the country, it's easy to find your perfect pal. Just head to your local animal shelter to adopt a dog or cat of your own. Join Best Friends today. Together, we can Save Them All.

Best Friends | SAVE THEM ALL

bestfriends.org

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chatter

‘Nothing makes me happier than knowing a super healthy chef-type person I follow on Instagram’s kids hate the healthy food at their house and binge Doritos when they visit their friends’

—MINDY KALING,
on her guilty pleasure, on Twitter

‘Not Ryan Reynolds’

—HUGH JACKMAN,
joking he doesn’t want his frenemy to take over playing Wolverine for him, on *Good Morning America*

‘The thing that you have to realize is how hard it is to grow up at all, let alone in front of everybody’

—DREW BARRYMORE,
on child stardom, on *Hot Ones*

‘My pandemic pants are so friendly. They’re my best friend, they don’t judge me, they try their best to make me look good!’

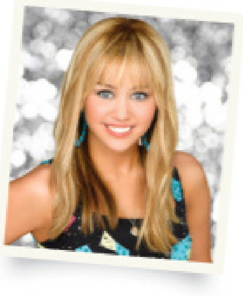
—REE DRUMMOND,
on her black yoga pants, on the *Today* show

‘I’d be dating someone and my friends would find out six months later. Like, “Bitch, what the f---?”’

—ISSA RAE,
on being private about her personal life, to *The Hollywood Reporter*

‘I try to put that wig on all the time. She’s just in storage collecting dust, and I’m ready to whip her out’

—MILEY CYRUS,
on resurrecting Hannah Montana, on KTU’s *Carolina with Greg T in the Morning*



CLOCKWISE FROM TOP RIGHT: DAN HIMBRECHTS/EPA-EFE/SHUTTERSTOCK; PERRY HAGOPIAN; KEVIN MAZUR/GETTY IMAGES; JOE SCARNICI/ GETTY IMAGES; BACKGRID; ROBYN BECK/AFP/GETTY IMAGES; (HANNAH MONTANA) BOB D’AMICO/DISNEY CHANNEL

5 Things We're Talking About *this week!*

"I Said 'Hi This Is Cher, & I Would like to know If you ever take Volunteers?!'" she tweeted

1

Cher is ready to work at the post office

She got USPS, babe. In response to the federal government's cuts to the post office, the star called branches in Malibu to ask about doing volunteer work.

2

Girl Scouts introduce a new flavor

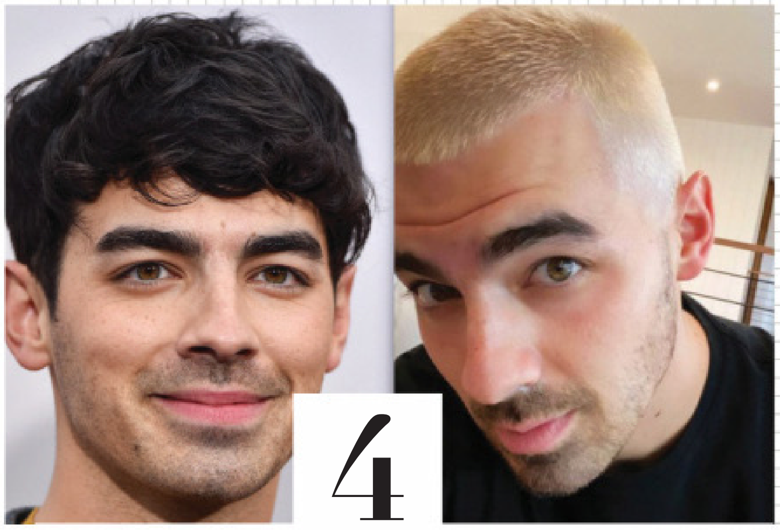
A French-toast-inspired treat called Toast-Yay! will be added to the 2021 Girl Scout-cookie lineup, furthering the argument for eating dessert for breakfast (and lunch and dinner).

Black Florist

3

Pharrell Williams honors Black business leaders

In the video for his new song "Entrepreneur" (featuring Jay-Z), Williams spotlights the accomplishments of Black CEOs and business owners.



4

Joe Jonas becomes a blond

New do for a new dad: Known in the early Jonas Brothers days for his floppy dark waves, the boy band member—who welcomed a daughter named Willa with wife Sophie Turner in July—debuted a new platinum pate days after turning 31 on Aug. 15.

Witherspoon hopes the show will "discover musicians who are revolutionizing country music"

5

Reese goes country

The Nashville native is producing a country music competition (*My Kind of Country*) for Apple TV+ because "it's not looking like I'll ever fulfill my childhood dreams of becoming Dolly Parton," Witherspoon Instagrammed.

(CHER) TAYLOR HILL/GETTY IMAGES; (HAT) TOMACCO/SHUTTERSTOCK; (COOKIES) GIRL SCOUTS OF THE USA; (WILLIAMS) JOSH BRASTED/FILMMAGIC; (JONAS) AXELLE/BAUER-GRIFFIN/FILMMAGIC

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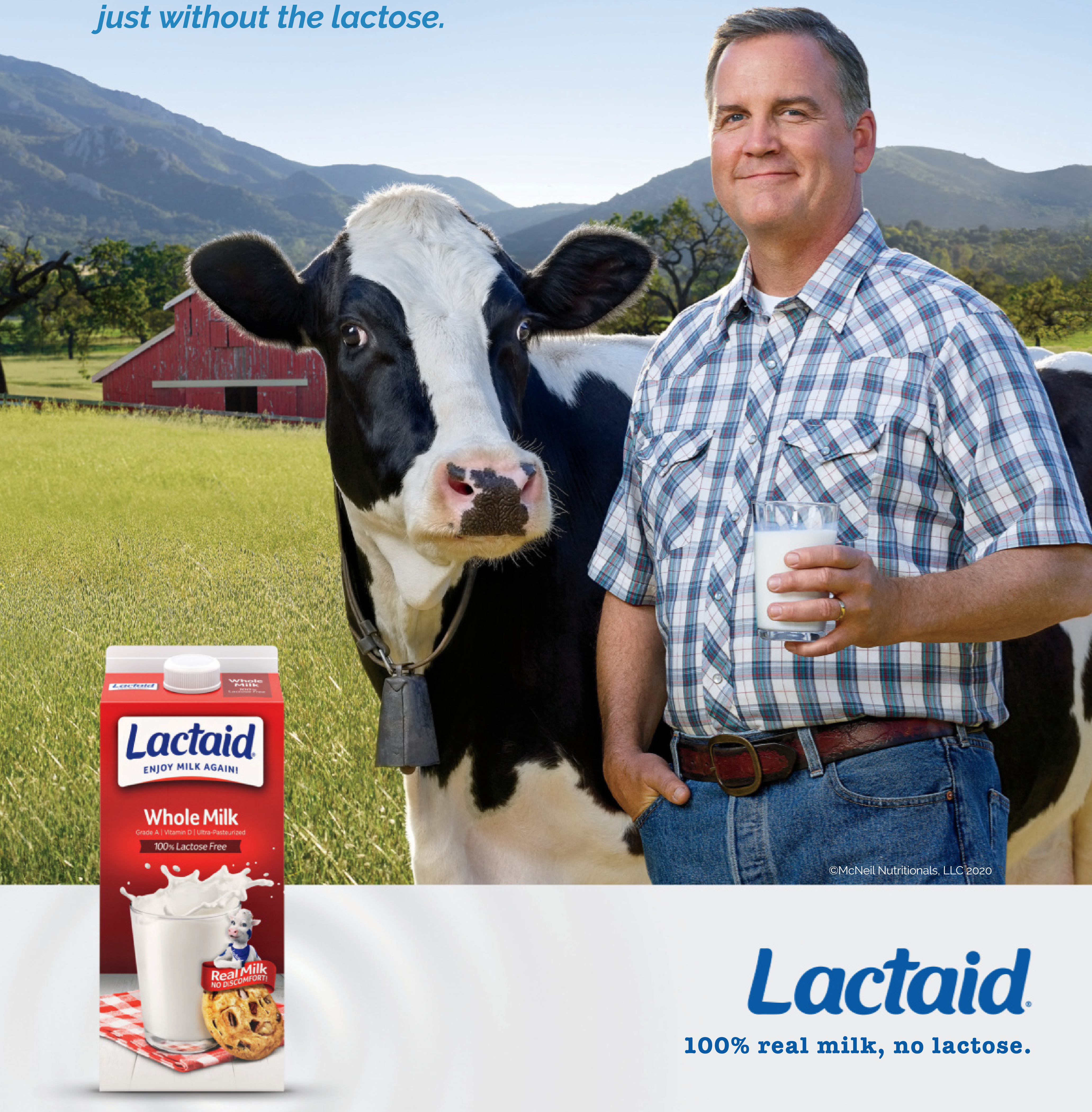
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ON THE COVER Photograph by Brian Bowen Smith. Hair: Antonio Estrada; makeup: Eileen Sandoval; stylist: Heidi Meek/The Wall Group; sweaters and wraps: Naked Cashmere. Insets: (Spears) J. Merritt/Getty Images; (Loughlin): Greg Doherty/WireImage

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38 Nikki & Brie Bella
Their boys were born within 22 hours of each other; now the WWE stars are ready to introduce Matteo and Buddy to the world.

↓

SPECIAL People EDITION
THE STORY OF THE
BEATLES
The Band that Changed Music Forever
LET IT BE AT 50!
How the Beatles Said Goodbye

***People's* latest special edition, *The Story of the Beatles*, is out now, marking 50 years since the release of the band's final album, *Let It Be*, and their breakup. Available wherever magazines are sold.**

→

70 Sherri Shepherd
The former cohost of *The View* is returning to her comedy roots.

TOP TO BOTTOM: BRANDON STANCIELL; BRIAN BOWEN SMITH; MICHAEL ROWE

One silver lining of quarantine: I've had time to watch so many of the Emmy nominees this year.

The Year TV Brought Us Together—Remotely!

I have a confession to make: While it's my job to know what's going on with popular culture, usually I'm so busy that I have to scramble to fit a show in on a flight or during a quick 30 minutes before bed. Then when people talk about their favorite, I only pretend I've seen the whole thing.

Not this year—with no fancy work events or film screenings or late nights in the office, I have seen *everything*. Thanks to more time at home, I can talk to you about any show. At the beginning of lockdown, I obsessed with friends about *Tiger King*; we all wanted a peek into a crazier world than the one we were in! I debated with friends about the last episodes of glamorous period pieces like *Hollywood* and *The Great*. I was captivated by my sister-in-law's recommendation of *Unbelievable* and texted her throughout. As a Brit, I was fascinated by the politics in *Mrs. America* and discussed them with colleagues. And my husband and I laughed and cried through the final season of *Schitt's Creek*.

In 2020 whether you're watching *Floor Is Lava, Unorthodox, Normal People* or *I May Destroy You,* TV has helped soothe our anxiety from a global pandemic and political unrest, allowed us to escape into a safe space and increased our understanding of cultures that feel very different from our own. It also gets us talking—about what to watch next and exciting new stars and about our own histories and, yes, our politics. In these strange, polarizing times, TV has brought us together.

That's why I'm so excited for the Emmys. While all of our favorites can't win (reality TV isn't usually my thing, but my guilty pleasure during COVID-19 is watching *The Real Housewives of Potomac*—all five seasons), we're rooting for the stars in our Emmy portfolio (page 44) like Kevin Hart and *Insecure*'s Yvonne Orji. I can't wait to see how Jimmy Kimmel adapts the show, and how the stars will interpret red carpet glam at home. (My prediction is sweatpants and sequined tops in bed!) I'll be watching with my crew on Zoom, and we'll be sharing all of our opinions.

Dan

DAN WAKEFORD, EDITOR IN CHIEF

THE NEW PEOPLE BEHIND People

Kay Adams (left) and Lawrence K. Jackson, the hosts of *People (the TV Show!)*.

I'm excited to announce that *People* is now a daily TV show! The stories you love about your favorite celebs—and inspiring people in your community making a difference and bringing joy to others—will all be a part of *People (the TV Show!)*, debuting on Sept. 14.

So we're welcoming to the family cohosts Kay Adams (you know her from the NFL Network's *Good Morning Football*) and Lawrence K. Jackson (an alum of NBC News's *Stay Tuned*). They'll be joined by correspondents Sandra Vergara, in Los Angeles, and *People* veteran Jeremy Parsons, in New York. Tune in to your local network in cities like Atlanta, Phoenix, St. Louis, Portland, Nashville, Kansas City, Hartford and Las Vegas or on people.com or the PeopleTV app.

People
People
People

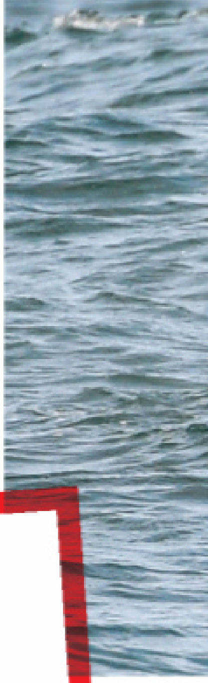
A sneak peek at the set in our N.Y.C. offices

(WAKEFORD) STYLIST: RYAN LAWRENCE

Follow me on Instagram @danwakeford

StarTracks

On Aug. 23 **Gwyneth Paltrow** went for a swim in the Hamptons, where she has been isolating with husband Brad Falchuk and her kids Apple and Moses.



STARS IN THE SUN!

(PALTROW) THE IMAGE DIRECT; (LIPA & HADID) SPLASH NEWS; (DICAPRIO) RMB/BACKGRID; (DOBREV & WHITE) BCMX/BROADIMAGE; (LOWE) CLINT BREWER/AIM/BACKGRID

One day after she turned 25, **Dua Lipa** celebrated with a boogie board outing with her boyfriend **Anwar Hadid** in Malibu on Aug. 23.

Nina Dobrev and boyfriend **Shaun White** frolicked in the ocean Aug. 21 while vacationing in Tulum, Mexico.

Leonardo DiCaprio enjoyed a Malibu beach day with friends and family on Aug. 17.

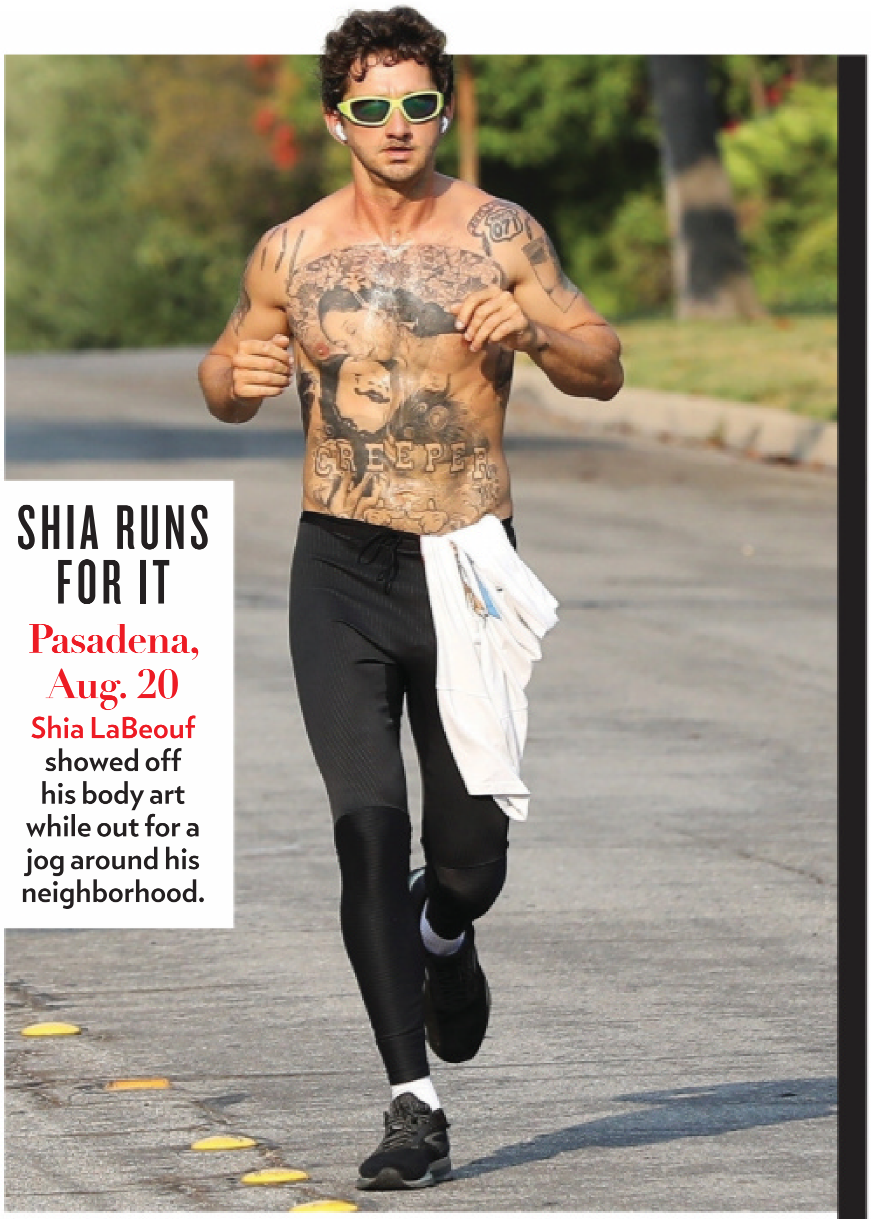
Rob Lowe soaked up the sun in Santa Barbara on Aug. 23.

DJ Khaled and wife **Nicole Tuck** made waves in an Aug. 23 post from their family vacation in Greece.

BUMPING ALONG

Los Angeles, Aug. 22

Pregnant **Ashlee Simpson Ross,** who is due this fall, and husband **Evan Ross** wore masks when they stepped out for lunch at the Ivy.



SHIA RUNS FOR IT

Pasadena, Aug. 20

Shia LaBeouf showed off his body art while out for a jog around his neighborhood.

WHO'S YOUR CADDY?

Los Angeles, Aug. 18

Chris Pratt, who welcomed daughter Lyla with wife Katherine Schwarzenegger Pratt in August, played a round of golf with *Moneyball* costar Stephen Bishop.

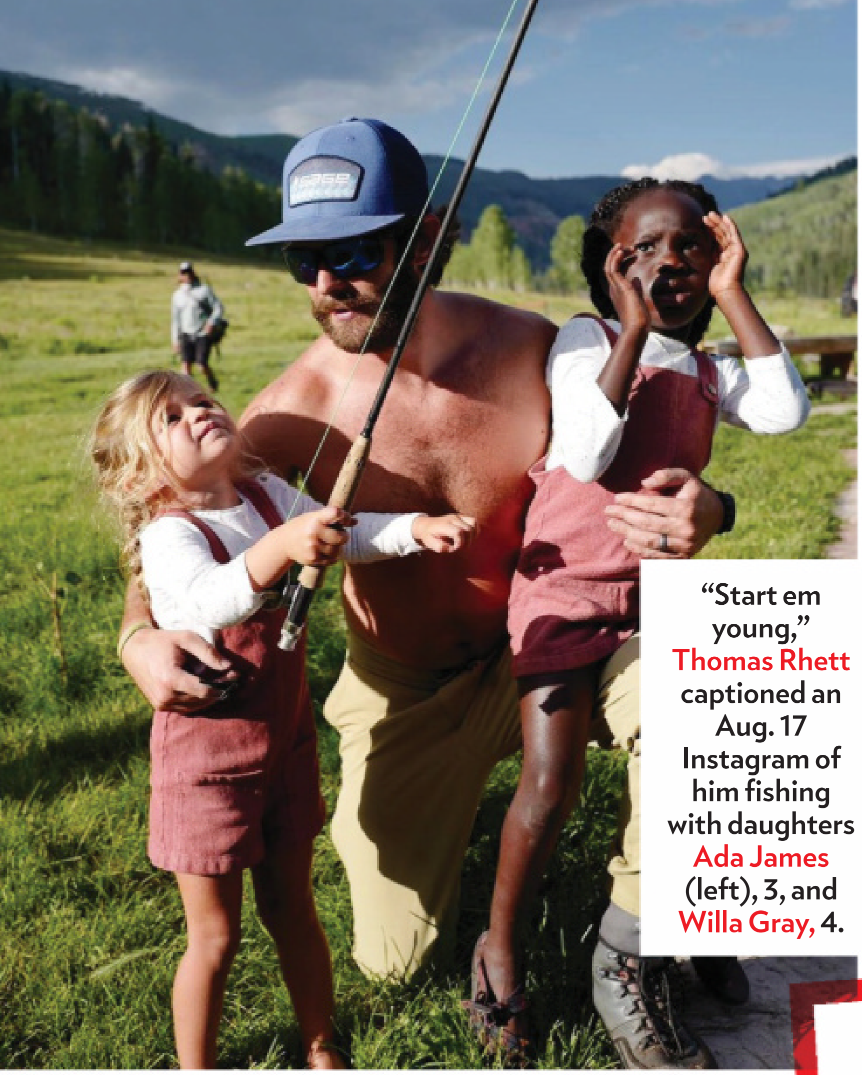
ON THE ROAD AGAIN

The Hamptons, Aug. 19

Coldplay frontman **Chris Martin** was casual and cool while on a barefoot bike ride.

CLOCKWISE FROM TOP LEFT: SPOT-STOIANOV/BACKGRID; JACK/BACKGRID; THE IMAGE DIRECT; BACKGRID

FAMOUS FAMILIES



"Start em young," Thomas Rhett captioned an Aug. 17 Instagram of him fishing with daughters Ada James (left), 3, and Willa Gray, 4.

People BABY EXCLUSIVE

This Is Us star Chris Sullivan and his wife, Rachel, welcomed their first child, son Bear, on July 28 in L.A. "He likes dancing," says Sullivan. "Eats a lot, rests a lot." Adds his wife: "It's been really peaceful and wonderful."

People BABY EXCLUSIVE

Grey's Anatomy actress Camilla Luddington and her husband, Matthew Alan, welcomed their second child, son Lucas, on Aug. 7 in L.A. Luddington says big sister Hayden, 3, "was so giddy" when her brother arrived.

On Aug. 19 Tamera Mowry-Housley shared a post-bath selfie with her mini-me daughter, Ariah, 5. "Never. Ever. A. Dull. Moment," she captioned on Instagram.

(LUDDINGTON) COURTESY CAMILLA LUDDINGTON(2); (SULLIVAN) LAUREN HURT

FIND YOUR QUIET PLACE

2:34

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Me
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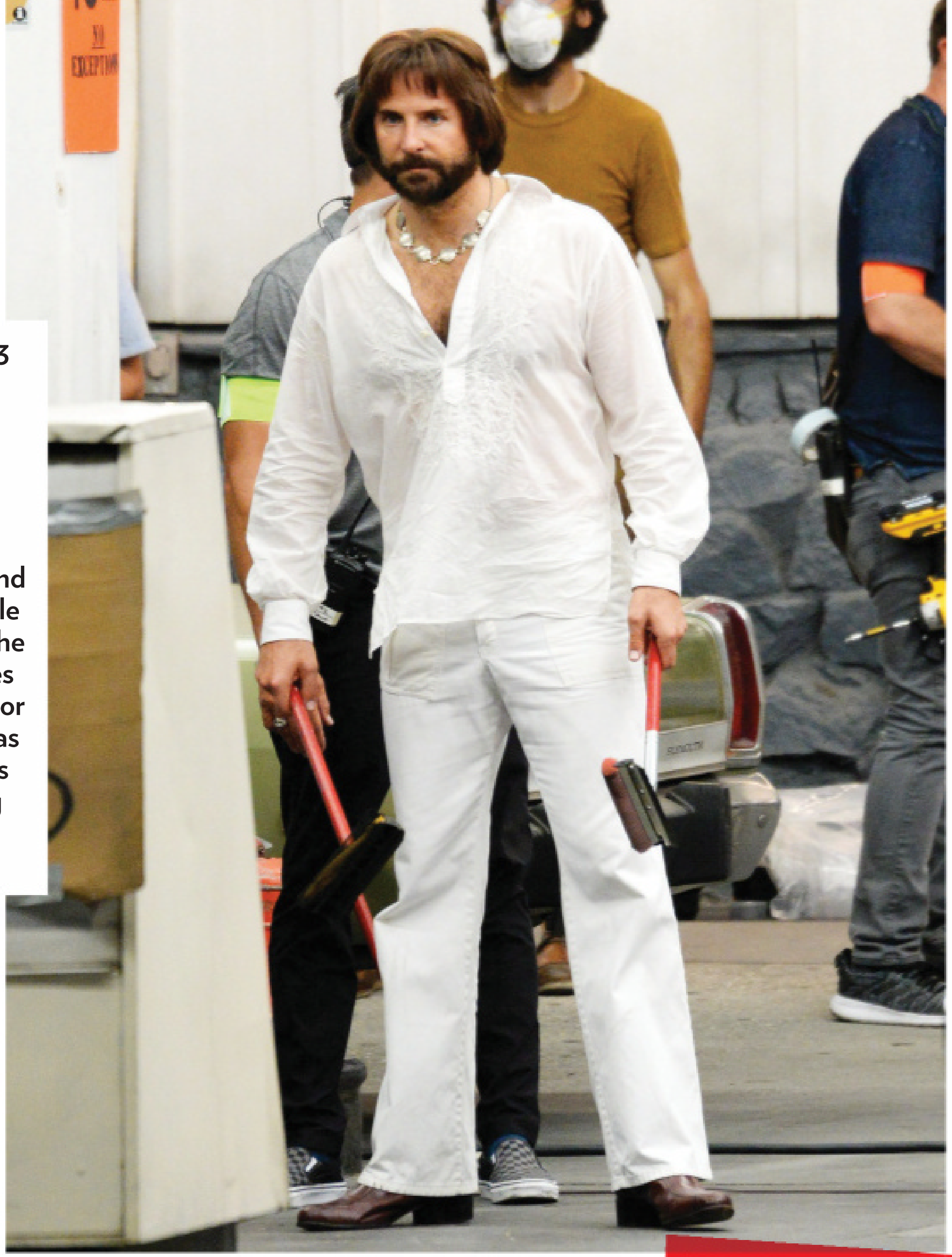
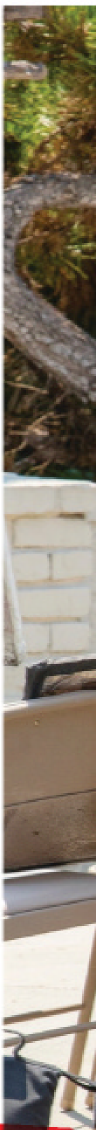
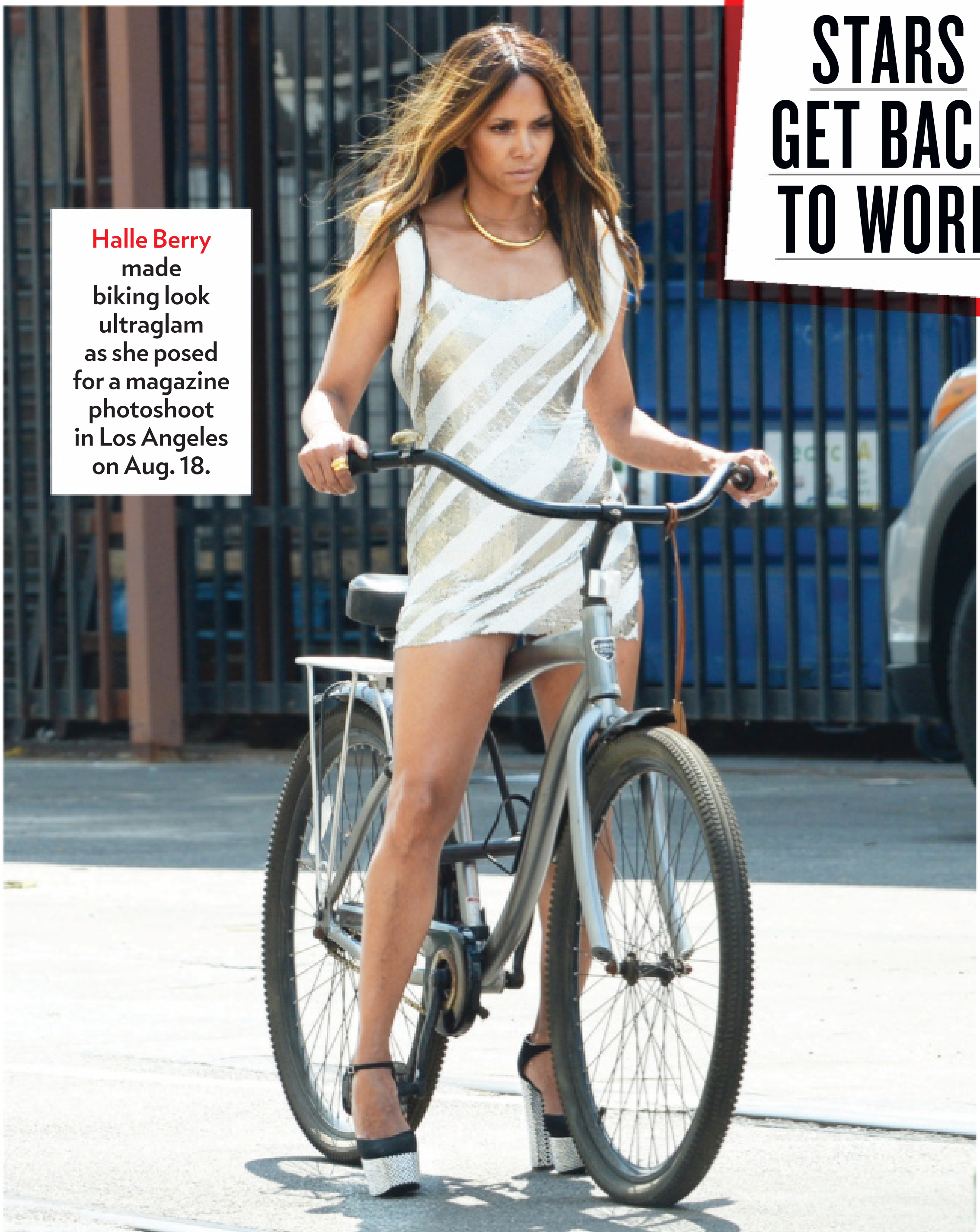
my life Stop. Breathe. Think.

STARS GET BACK TO WORK



On Aug. 23 **Bradley Cooper** sported a 1970s getup—complete with a wig and beard—while filming on the Los Angeles set of director Paul Thomas Anderson's upcoming untitled project.





Halle Berry made biking look ultraglam as she posed for a magazine photoshoot in Los Angeles on Aug. 18.

CLOCKWISE FROM BOTTOM LEFT: THE IMAGE DIRECT(2); 4CRNS, WCP/BACKGRID; VALENTINE/BRIDGER/DEAN/SPLASH NEWS

Friendly exes **Tarek El Moussa** and **Christina Anstead** filmed their HGTV show *Flip or Flop* on Aug. 19 in Long Beach, Calif.

Tom Cruise performed a daredevil motorcycle stunt while shooting *Mission: Impossible 7* in England's Oxfordshire countryside on Aug. 15.

HECKIN' GÜD

/ hek-in good /

adj.

Used to describe that which is extremely desirable or enjoyable. As in, *"The hooman thinks New Fresh Step with Febreze Freshness and Gain Scent smells HECKIN' GÜD."*

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CO-HOSTS:

Julia Dennison
Mom & Parents.com Executive Editor

Shaun T
Dad & Fitness Motivator

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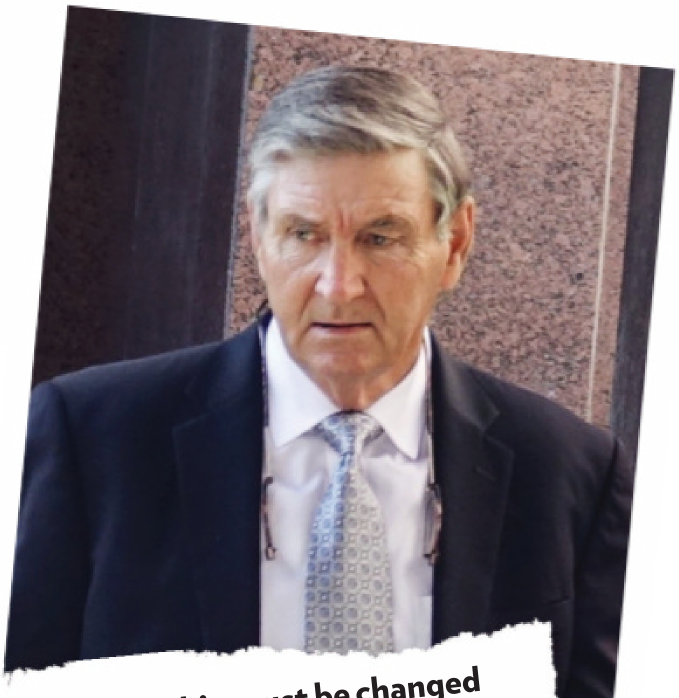
Close Support Britney with boyfriend Sam Asghari in May. "She loves having him around," says a source. Top right: Jamie Spears in 2019.



> **'The conservatorship must be changed substantially in order to reflect the major changes in her current lifestyle and her stated wishes'**
> —SPEARS'S LAWYER IN AN AUG. 17 FILING

Inside Britney Spears' Life Now

Britney Spears is longing for big changes. On Aug. 20 the pop star shared an Instagram post about "staying positive" in quarantine, hinting at a "huge transitional stage" in her life. Just days earlier a court filing revealed Britney is "strongly opposed" to having her father, Jamie—who temporarily stepped down as her sole conservator last year amid health issues—continue in the role. "Britney still wants the conservatorship to end at some point," says a source close to Britney, who learned on Aug. 19 her more-than-decadelong conservatorship was extended to Feb. 1, 2021. "But more urgently right now she doesn't want her dad to regain the sole conservator role."

In 2008 Britney was placed under the conservatorship

>>

COUNTERCLOCKWISE FROM TOP RIGHT: BACKGRID; JORDAN STRAUSS/INVISION/AP/SHUTTERSTOCK

Family Ties Spears is close to her mom, Lynne (far right), and sister Jamie Lynn, who called Britney a "strong, badass, unstoppable woman" in July.

after several public mental breakdowns, and since then the courts have continued to rule that she's not capable of making decisions about her finances and health care, which Jamie has overseen. But she has yearned for more freedom. "Jamie is very old-school and treats Britney like a child," says the source. Britney—who said in her court filing that she "does not want to perform at this time"—wants "someone from outside who is not her family and will listen to her," says the source. But Jamie, 68, maintains he has only Britney's best interests in mind. "I love my daughter," he told Page Six. "I love all my kids. But this is our business. It's private."

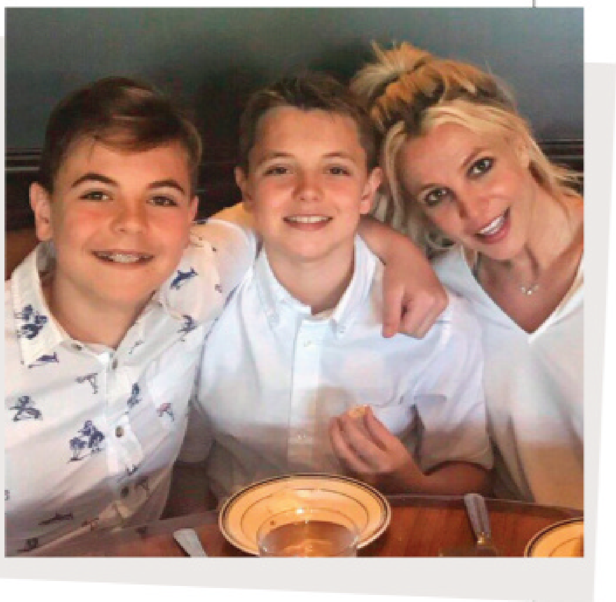
Britney and Jamie's relationship was further complicated last year after her ex-husband Kevin Federline, 42, accused Jamie of physically abusing their son Sean Preston, 14, after an alleged altercation. (After an investigation, Jamie wasn't charged.)

"She is very disappointed in the drama that he caused with her boys," the source says of Britney, who also shares 13-year-old son Jayden James with her ex.

As she continues working on her mental health amid her latest court tangle with her father, the source says, Britney—who sought treatment at a wellness facility in April 2019—is leaning on loved ones, including her mom, Lynne, 65, and her boyfriend of nearly four years, model Sam Asghari, 26. "She dreams about the conservatorship ending, but this doesn't seem realistic," says the source. "She needs to be surrounded by people who look out for her." —**BRIANNE TRACY** with reporting by **Pernilla Cedenheim**

HER BOND WITH HER BOYS

During the coronavirus pandemic, Britney's sons Sean Preston and Jayden James (with her in a 2018 Instagram post) have been staying with Federline. "Although Britney doesn't get to spend very much time with her boys, when she does, she is the happiest," says the Britney source. "They are great boys."



Lea Michele Welcomes a Son

New Parents The actress (left, with husband Reich in 2019) said she was "so grateful" for her pregnancy in a May 2 post (inset).

And baby makes glee! Lea Michele and her husband, Zandy Reich, welcomed their first child, a boy named Ever Leo, on Aug. 20. "Everyone's happy and healthy, and they're extremely grateful," a source says. The former *Glee* star, 33, and Reich, the president of clothing company All Year Round, 37, tied the knot in March 2019. "I hope to be a mom of, like, 10 kids—if it's physically possible to pop that many out!" Michele told *Health* last fall. "I'm so excited about the thought of being a mom." This April, *People* confirmed Michele was expecting. In June the actress faced controversy after a former *Glee* castmate, Samantha Marie Ware, accused Michele of demeaning her on-set. Michele apologized and said she will "keep working to better myself . . . so that I can be a real role model for my child." Now she's embarking on life as a first-time mom. Ever, says the source, "has been an easy baby so far." —**DANA ROSE FALCONE**

CLOCKWISE FROM BOTTOM LEFT: KEVIN MAZUR/GETTY IMAGES; IMAGE GROUP LA/DISNEY CHANNEL/GETTY IMAGES

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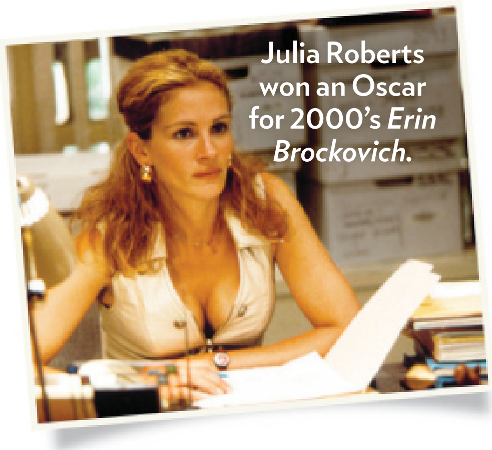
Erin Brockovich Is Still Fighting

Twenty years ago, Erin Brockovich became a household name when Julia Roberts played the gutsy single mom turned environmental activist in a hit movie. Brockovich had helped the residents of Hinkley, Calif., reach a $333 million class action settlement against power company PG&E in 1996 after a water contamination crisis. After the film's release, Brockovich got "email after email with 'Can you help us? We have this water pollution issue,'" she says, "and it continues today." Brockovich, 60, admits that the slow pace of government action discouraged her over the years. But becoming a grandmother in 2013 "reinvigorated me," she says. "What legacy am I going to leave for my grandkids?" With her first book, *Superman's Not Coming,* Brockovich hopes to empower communities to take action. "We can turn the tide," she says. "I'm going to believe that until the day I die." And she has a message for the Flint, Mich., residents who just won a $600 million settlement after a lead-tainted-water crisis: "Power to the people." *(For more on Flint, see page 26.)*

—SAM GILLETTE

then & now!

Citizen Activist
A former legal clerk for lawyer Edward L. Masry (left, in 2000), Brockovich is now a grandma of four.



Julia Roberts won an Oscar for 2000's *Erin Brockovich.*

OPEN HOUSE

John & Chrissy's L.A. Mansion

A party of five calls for a new pad! With baby No. 3 on the way, John Legend, 41, and Chrissy Teigen, 34, are moving—and ready to off-load their 8,520-sq.-ft. Beverly Hills home, once owned by Rihanna. "They want a house they can grow into," a source says of the couple, parents to Luna, 4, and Miles, 2. "They just bought a new family-friendly home and are getting ready to move." The family will leave behind seven bedrooms, eight bathrooms, a movie theater and a gym.

Legend and Teigen reportedly bought the property for $14.1 million in 2016.

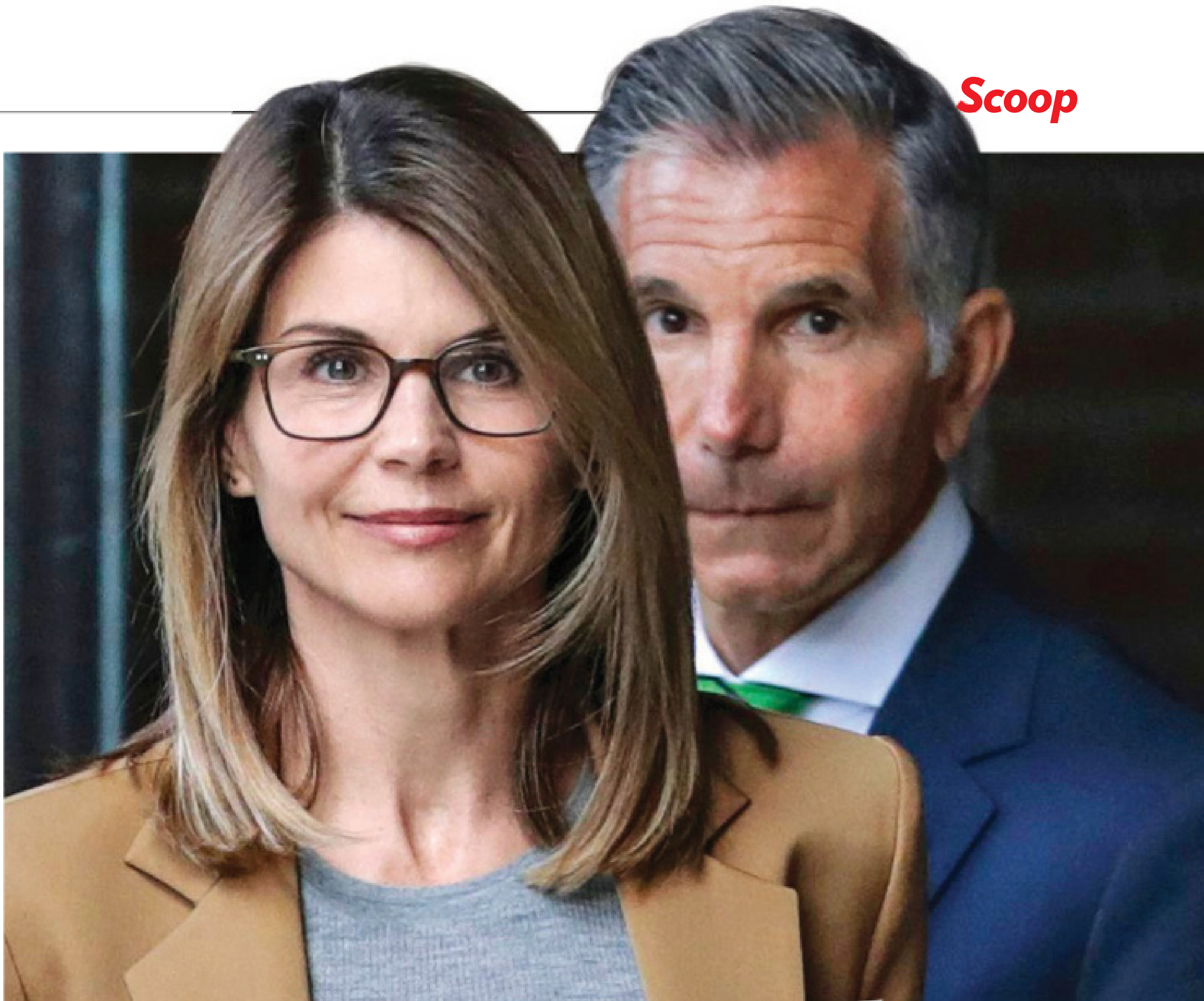
on sale for $24 MILLION

Legend displayed his Emmy, Oscar, Tony and 11 Grammys behind the piano in the living room.

The couple tapped celeb designer Don Stewart to decorate the house.

CLOCKWISE FROM TOP RIGHT: JONO SEARLE/EPA-EFE/SHUTTERSTOCK; RACHEL MURRAY/GETTY IMAGES; ANTHONY BARCELO(3); EVERETT; BORIS YARO/LOS ANGELES TIMES/GETTY IMAGES

Lori Loughlin Prepares for Prison



Lori Loughlin and husband Mossimo Giannulli's long legal battle is over—and now they must pay the price for their crimes. On Aug. 21 a judge approved the couple's plea deal, sentencing the *Full House* star, 56, to two months in jail, a $150,000 fine and 150 hours of community service, while fashion designer Giannulli, 57, received five months in jail, a $250,000 fine and 250 hours of service. "It's all been like a black cloud hanging over them," says a Loughlin source. "They're relieved because the waiting was awful, but Lori is still terrified about going to prison."

After the couple were accused of paying college admissions scam ringleader Rick Singer $500,000 to falsely designate their daughters—Isabella Rose, 21, and Olivia Jade, 20—as recruits to the University of Southern California crew team, they denied any wrongdoing for more than a year. But in May they pleaded guilty to fraud charges. "I wish I could go back and do things differently," Loughlin told the judge. "I can only take responsibility and move forward."

While the case has put pressure on the entire family, Olivia, a YouTube star, has taken it particularly hard. "This has been extremely difficult for her," says a family source. "Her career has been affected because of decisions her parents made. But they are still her parents. She has to find forgiveness for them, and she will always love them."

'I'M READY TO ACCEPT THE CONSEQUENCES AND MAKE AMENDS'
—LOUGHLIN AT HER AUG. 21 SENTENCING

While Loughlin and Giannulli have been ordered to report to jail on Nov. 19, the couple have requested that their sentences not overlap so that they can be present for their daughters. As they await the judge's decision, the Loughlin source says, she's been doing everything she can to prepare. With fears of contracting COVID-19 in prison, "Lori has been trying to stay as healthy as possible and also takes supplements to boost her immune system. It's definitely something that she has been losing sleep about."

—EMILY STROHM
with reporting by Pernilla Cedenheim and Melody Chiu

Starting Over "Lori has been very worried about them," says a Loughlin source of Olivia (left) and Bella.

UNITED STATES PENITENTIARY
UNITED STATES PENITENTIARY
VICTORVILLE

Where They Could Serve The pair requested low-security prison camps in Lompoc, Calif., for Giannulli (inset, left) and Victorville, Calif. (inset, below), for Loughlin.

COVID-19 FEARS

The couple are concerned about the pandemic in prison—though it could shorten their time, says legal expert James J. Leonard Jr., who isn't involved with the case. "If there is an outbreak at the facility where they are detained and they have a preexisting medical condition, that would make them compromised. In the absence of either of those, they will serve their sentences without any deviations."

CLOCKWISE FROM TOP RIGHT: CHARLES KRUPA/AP/SHUTTERSTOCK; FEDERAL BUREAU OF PRISONS(2); GABRIEL OLSEN/GETTY IMAGES

For certain adults with **newly diagnosed metastatic non-small cell lung cancer (NSCLC)** that **tests positive for PD-L1**

OPDIVO® (nivolumab) + YERVOY® (ipilimumab)

= A CHANCE FOR MORE SNUGGLY SUNDAYS

A Chance to Live Longer™

THE 1ST AND ONLY FDA-APPROVED **CHEMO-FREE COMBINATION** OF 2 IMMUNOTHERAPIES THAT WORKS DIFFERENTLY

In a study of newly diagnosed advanced NSCLC patients, half of those on OPDIVO + YERVOY were alive at 17.1 months versus 14.9 months on platinum-based chemotherapy.

Results may vary. OPDIVO® + YERVOY® is not approved for patients younger than 18 years of age.

Indication & Important Safety Information for OPDIVO (nivolumab) + YERVOY (ipilimumab)

Only your healthcare professional knows the specifics of your condition and how OPDIVO in combination with YERVOY may fit into your overall therapy. The information below does not take the place of talking with your healthcare professional, so talk to them if you have any questions.

What are OPDIVO and YERVOY?

OPDIVO and YERVOY are prescription medicines used to treat people with a type of advanced stage lung cancer called non-small cell lung cancer (NSCLC). OPDIVO may be used in combination with YERVOY as your first treatment for NSCLC when your lung cancer has spread to other parts of your body (metastatic), **and** your tumors are positive for PD-L1, but do not have an abnormal EGFR or ALK gene.

It is not known if OPDIVO and YERVOY are safe and effective when used in children younger than 18 years of age.

What is the most important information I should know about OPDIVO and YERVOY?

OPDIVO and YERVOY are medicines that may treat certain cancers by working with your immune system. OPDIVO and YERVOY can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death and may happen anytime during treatment or even after your treatment has ended. Some of these problems may happen more often when OPDIVO is used in combination with YERVOY.

YERVOY can cause serious side effects in many parts of your body which can lead to death. These problems may happen anytime during treatment with YERVOY or after you have completed treatment.

Call or see your healthcare provider right away if you develop any symptoms of the following problems or these symptoms get worse. Do not try to treat symptoms yourself.

- **Lung problems (pneumonitis).** Symptoms of pneumonitis may include: new or worsening cough; chest pain; shortness of breath
- **Intestinal problems (colitis) that can lead to tears or holes in your intestine.** Signs and symptoms of colitis may include: diarrhea (loose stools) or more bowel movements than usual; mucus or blood in your stools or dark, tarry, sticky stools; stomach-area (abdomen) pain or tenderness; you may or may not have fever
- **Liver problems (hepatitis) that can lead to liver failure.** Signs and symptoms of hepatitis may include: yellowing of your skin or the whites of your eyes; nausea or vomiting; pain on the right side of your stomach area (abdomen); drowsiness; dark urine (tea colored); bleeding or bruising more easily than normal; feeling less hungry than usual; decreased energy
- **Hormone gland problems (especially the thyroid, pituitary, and adrenal glands; and pancreas).** Signs and symptoms that your hormone glands are not working properly may include: headaches that will not go away or unusual headaches; extreme tiredness or unusual sluggishness; weight gain or weight loss; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness; hair loss; feeling cold; constipation; voice gets deeper; excessive thirst or lots of urine
- **Kidney problems, including nephritis and kidney failure.** Signs of kidney problems may include: decrease in the amount of urine; blood in your urine; swelling in your ankles; loss of appetite
- **Skin problems.** Signs of these problems may include: skin rash with or without itching; itching; skin blistering or peeling; sores or ulcers in mouth or other mucous membranes
- **Inflammation of the brain (encephalitis).** Signs and symptoms of encephalitis may include: headache; fever; tiredness or weakness; confusion; memory problems; sleepiness; seeing or hearing things that are not really there (hallucinations); seizures; stiff neck
- **Problems in other organs.** Signs of these problems may include: changes in eyesight; severe or persistent muscle or joint pains; severe muscle weakness; chest pain

Additional serious side effects observed during a separate study of YERVOY alone include:

- **Nerve problems that can lead to paralysis.** Symptoms of nerve problems may include: unusual weakness of legs, arms, or face; numbness or tingling in hands or feet

Talk to your doctor about OPDIVO + YERVOY

www.OPDIVOYERVOY.com 1-855-OPDIVOYERVOY

- **Eye problems.** Symptoms may include: blurry vision, double vision, or other vision problems; eye pain or redness

Get medical help immediately if you develop any of these symptoms or they get worse. It may keep these problems from becoming more serious. Your healthcare team will check you for side effects during treatment and may treat you with corticosteroid or hormone replacement medicines. If you have a serious side effect, your healthcare team may also need to delay or completely stop your treatment with OPDIVO and YERVOY.

What should I tell my healthcare provider before receiving OPDIVO and YERVOY? Before you receive OPDIVO and YERVOY, tell your healthcare provider if you: have immune system problems (autoimmune disease) such as Crohn's disease, ulcerative colitis, lupus, or sarcoidosis; have had an organ transplant; have lung or breathing problems; have liver problems; have any other medical conditions; are pregnant or plan to become pregnant. OPDIVO and YERVOY can harm your unborn baby. **Females who are able to become pregnant:** Your healthcare provider should do a pregnancy test before you start receiving OPDIVO and YERVOY.

- You should use an effective method of birth control during and for at least 5 months after the last dose. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment. You or your healthcare provider should contact Bristol Myers Squibb at 1-800-721-5072 as soon as you become aware of the pregnancy.
- **Pregnancy Safety Surveillance Study:** Females who become pregnant during treatment with YERVOY are encouraged to enroll in a Pregnancy Safety Surveillance Study. The purpose of this study is to collect information about the health of you and your baby. You or your healthcare provider can enroll in the Pregnancy Safety Surveillance Study by calling 1-844-593-7869.

If you are breastfeeding or plan to breastfeed: It is not known if OPDIVO or YERVOY passes into your breast milk. **Do not** breastfeed during treatment and for 5 months after the last dose.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare providers and pharmacist when you get a new medicine.

What are the possible side effects of OPDIVO and YERVOY?

OPDIVO and YERVOY can cause serious side effects, including:

- **See "What is the most important information I should know about OPDIVO and YERVOY?"**
- **Severe infusion reactions.** Tell your doctor or nurse right away if you get these symptoms during an infusion of OPDIVO or YERVOY: chills or shaking; itching or rash; flushing; difficulty breathing; dizziness; fever; feeling like passing out

The most common side effects of OPDIVO when used in combination with YERVOY include: feeling tired; diarrhea; rash; itching; nausea; pain in muscles, bones, and joints; fever; cough; decreased appetite; vomiting; stomach-area (abdominal) pain; shortness of breath; upper respiratory tract infection; headache; low thyroid hormone levels (hypothyroidism); decreased weight; dizziness.

These are not all the possible side effects of OPDIVO and YERVOY. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

OPDIVO (10 mg/mL) and YERVOY (5 mg/mL) are injections for intravenous (IV) use.

This is a brief summary of the most important information about OPDIVO and YERVOY. For more information, talk with your healthcare provider, call 1-855-673-4861, or go to www.OPDIVO.com.

Bristol Myers Squibb™

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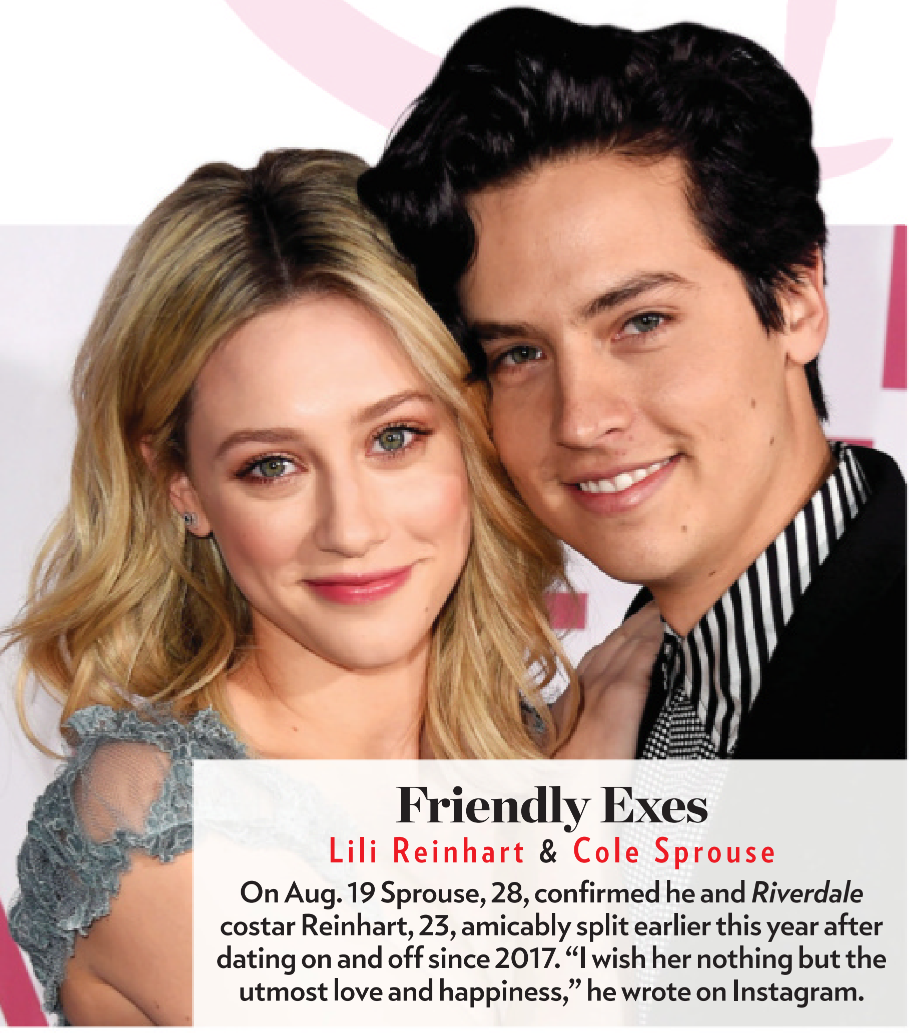
HEART MONITOR



Friendly Exes

Lili Reinhart & Cole Sprouse

On Aug. 19 Sprouse, 28, confirmed he and *Riverdale* costar Reinhart, 23, amicably split earlier this year after dating on and off since 2017. “I wish her nothing but the utmost love and happiness,” he wrote on Instagram.

Split

Gerard Butler & Morgan Brown

The actor, 50, and his real estate developer girlfriend, 43, have split after more than six years together, *People* confirms. First linked in 2014, the on-off pair were last spotted out together in July.

Happy Anniversary!

Julianne Moore & Bart Freundlich

The Oscar winner, 59, and her filmmaker husband, 50, celebrated 17 years of marriage on Aug. 23. “There is no one I’d rather be with,” wrote Moore, who posted this sweet, casual snap.

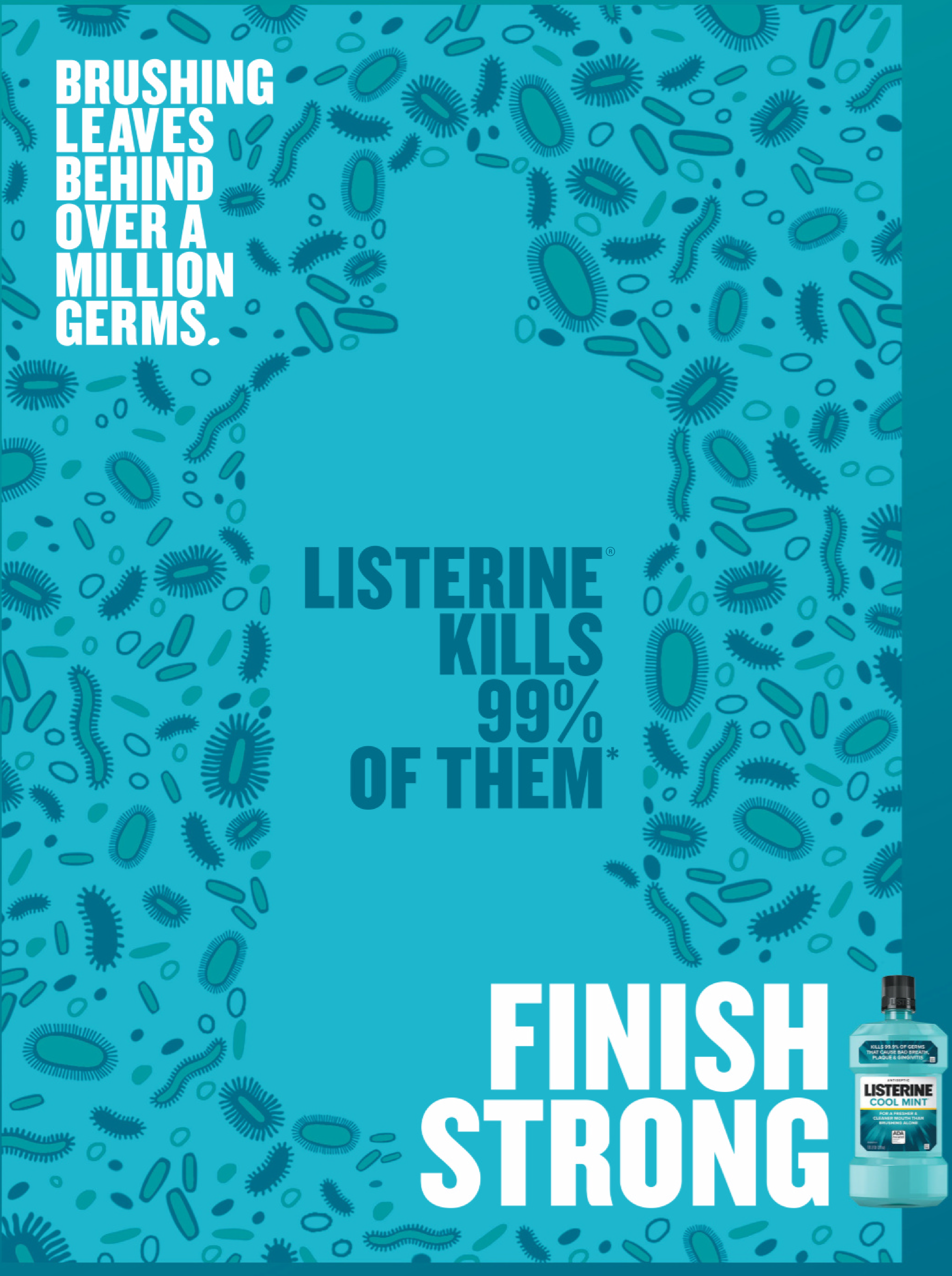
It’s Over

Sofia Richie & Scott Disick

Despite reuniting this summer, the model, 22, and reality star, 37, have split again “for now,” says a source. “It’s always been difficult for them to balance their relationship with Scott’s family life.” Richie and Disick—who has three kids with ex Kourtney Kardashian—began dating in 2017.

CLOCKWISE FROM BOTTOM RIGHT: JACKSON LEE/SPLASH NEWS; AMY SUSSMAN/GETTY IMAGES; KEVIN WINTER/GETTY IMAGES

PHOTOGRAPH_OR_ILLUSTRATION_BY_FIRST_LASTNAME


BRUSHING LEAVES BEHIND OVER A MILLION GERMS.
LISTERINE® KILLS 99% OF THEM*
FINISH STRONG
KILLS 99.9% OF GERMS THAT CAUSE BAD BREATH, PLAQUE & GINGIVITIS
ANTISEPTIC
LISTERINE
COOL MINT
FOR A FRESHER & CLEANER MOUTH THAN BRUSHING ALONE

*Germs that cause bad breath and early gum disease. Use as directed.
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NATURAL? YES.
DELICIOUS? YES.
OSCAR MAYER?
ABSOLUTELY!
Oscar Mayer
Oscar Mayer
NATURAL
HICKORY SMOKED
UNCURED HAM
NO ANTIBIOTICS EVER
NO ARTIFICIAL INGREDIENTS
NO NITRITES OR NITRATES ADDED
NO ARTIFICIAL INGREDIENTS. NO ANTIBIOTICS. EVER.

'DO WHAT MAKES YOU FEEL GOOD. FOR ME, THAT'S GETTING OUT IN NATURE'
—KATE HUDSON

Kate Hudson on Her Happy, Healthy Family

The actress, 41—who's launching a wellness supplement brand, InBloom—talks about life with her three kids.

How are you carving out time for yourself in a full house?
Lately it's been by doing anything meditative. But I also remember the first time I put on a dress in quarantine—it felt really nice! It's about what makes you feel good. One person's happiness isn't someone else's. And for me it changes every day, because I'm a little crazy.

What inspired you to start a line of supplements intended to promote good health?
To me it made sense to approach beauty as an inside-out experience. My No. 1 mentor is my mother [Goldie Hawn]. Nobody is into weirder stuff than she is when it comes to health and wellness. The vinegar smells that wafted through the house when I was a kid... With InBloom, we wanted to make a wellness regime fun, not daunting.

What is your secret to getting your children to eat healthy?
I cook what they're eating, but they get what they get. It *kind of* works, because even if they don't like it, they're like, "Oh, okay." But they're all completely different. Rani will eat anything—her whole being is about food. I feel like she's going to be a chef. Bing is the most challenging with food, but then he'll like something really weird, like anchovies, and we're like, "What? But you can't eat cheese on a hamburger?" And Ryder is my foodie, he's got his [favorite] things, but he's very adventurous.

—JACKIE FIELDS

Cuddle Time Hudson, whose partner is musician Danny Fujikawa, snuggled with kids (from left) Rani, 23 months, Bingham, 9, and Ryder, 16, in May.

(HUDSON) CHELSEA LAUREN/SHUTTERSTOCK

Oscar Mayer
NEW BUFFALO CHICKEN FROM OSCAR MAYER. YOU'RE WELCOME.
MEAT & CHEESE PLATES
NEW!
NATURAL
BUFFALO STYLE CHICKEN BREAST
NO ARTIFICIAL INGREDIENTS. 17G OF PROTEIN.
© 2019 Kraft Foods

Rachel McAdams

Babies

Actress **Rachel McAdams,** 41, is expecting her second child with her screenwriter boyfriend **James Linden,** 39. They are parents to a son they welcomed in April 2018, though the private couple have yet to reveal his name. ● Actress **Lily Rabe,** 38, welcomed her second child with actor boyfriend **Hamish Linklater,** 44, in June. They welcomed a daughter in 2017, and Linklater also has a daughter, **Lucinda,** from a previous relationship. ● Country singer **Dwight Yoakam,** 63, welcomed his first child, son **Dalton,** with wife **Emily Joyce,** 36, months after their March wedding and a decade after they first started dating.

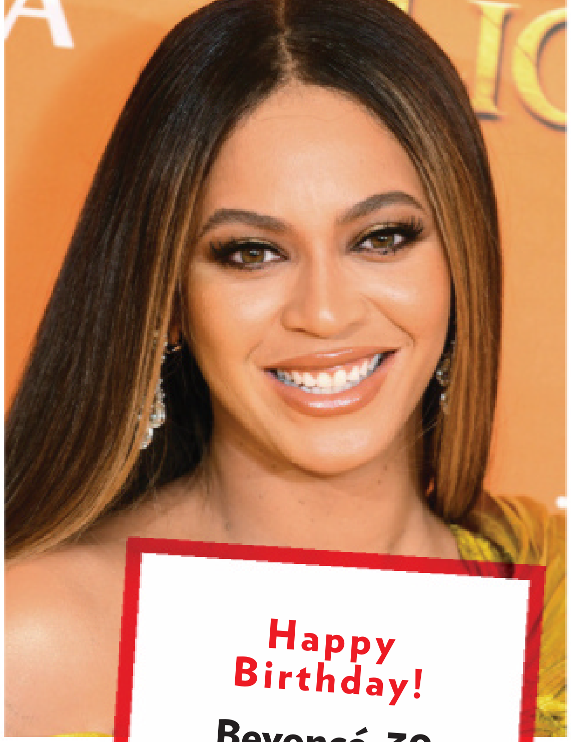
Health

Olympic swimmer **Ryan Lochte,** 36, is recovering at home after undergoing appendicitis surgery. The gold medal winner posted an update on Instagram after the surgery, telling fans, "I'm all good."

Deaths

Chariots of Fire actor **Ben Cross,** who played Olympic athlete Harold Abrahams in the 1981 film, died of cancer at 72. ● Musician **Justin Townes Earle,** the son of singer Steve Earle, died at 38. His cause of death was unknown at press time. ● **Larry King's** son **Andy King,** 65, and daughter **Chaia King,** 52, both died within weeks of each other. Andy died on July 28 of a heart attack, and Chaia on Aug. 20, not long after being diagnosed with lung cancer. "Losing them feels so out of order," King wrote on Facebook. "No parent should have to bury a child." ● **Frankie Banali,** the drummer for rock band Quiet Riot, died on Aug. 20 after being diagnosed with stage 4 pancreatic cancer in April 2019. ● **Chi Chi DeVayne,** a two-time contestant on *RuPaul's Drag Race* (born Zavion Davenport), died at 34 of unknown causes. A month prior, DeVayne had been hospitalized for suspected kidney failure.

By ALE RUSSIAN

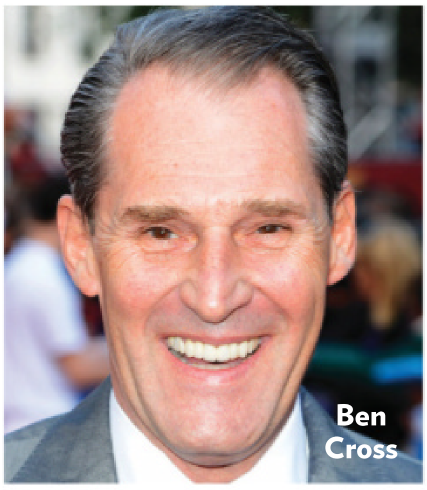


Happy Birthday!

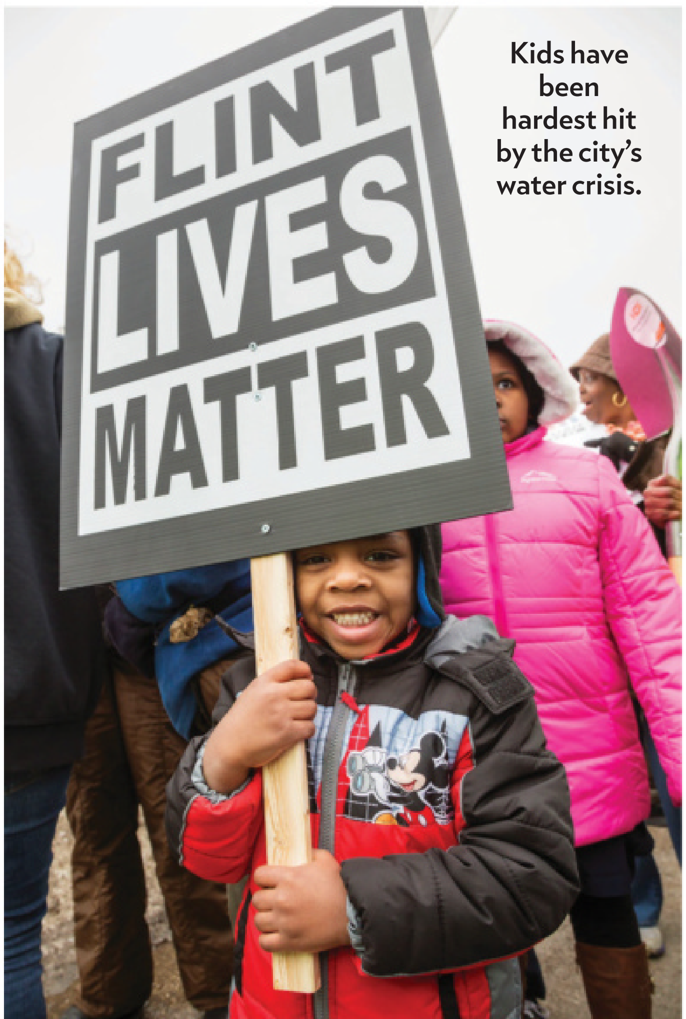
Beyoncé, 39
Sept. 4, 1981

Michael Keaton, 69
Sept. 5, 1951

Idris Elba, 48
Sept. 6, 1972



Ben Cross



Kids have been hardest hit by the city's water crisis.

Relief for Flint, Mich., Victims

Michigan issues an historic $600 million settlement for thousands of people exposed to lead in the city's water

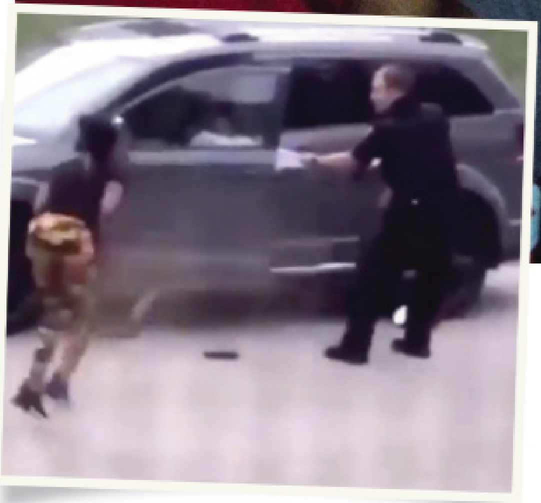
After years of fighting the water crisis in Flint, Mich., the city's stricken residents—many of them Black and impoverished—are finally getting the relief and government support they deserve. Last week, after roughly two years of negotiations, the state of Michigan awarded an historic $600 million settlement to thousands of victims and their families. Many of those most affected are children who were exposed to lead-contaminated drinking water after Flint officials opted to switch the city's water supply from the Detroit system to the local Flint River in 2014. The damage from lead poisoning is often irreversible and can be severe, causing a range of debilitating issues, including reduced IQ, anemia, stunted growth and learning disabilities. Eighty percent of the settlement will go to youth aged 18 and under, with 65 percent allotted to children under the age of 6. "It's the largest amount of money a state government [has] ever paid to a group of kids in the history of our country," says Corey Stern, a New York-based attorney representing 2,600 of the families. And while the funds won't make up for everything these families have lost, Stern says, "these are real people.... The difference in how this will affect the community is massive." —LAURA BARCELLA

CLOCKWISE FROM TOP RIGHT: IAN WEST/PA IMAGES/GETTY IMAGES; DAVE J HOGAN/GETTY IMAGES; JIM WEST/ZUMA; BRIAN DE RIVERA SIMON/GETTY IMAGES

Shot in the Back 7 Times

Questions and outrage after Wisconsin police open fire on Jacob Blake while his children watch

Blake, a father of six, in an undated photo with several of his kids.



Chilling Scene Blake's confrontation with Wisconsin police officers was captured on video by a bystander.

The video is graphic: Jacob Blake, a 29-year-old Black man, is seen opening the driver's side door of an SUV in Kenosha, Wis., as police officers appear to yell at him to stop. An officer grabs his shirt, then fires at close range into his back—at least seven shots can be heard in the recording while onlookers scream in horror. The Aug. 23 shooting—which occurred in front of Blake's 3-, 5- and 8-year-old children, according to family attorney Benjamin Crump—sparked outrage after the video went public. (At press time Blake remained in serious condition.) "While we do not have all of the details yet," said Wisconsin's Gov. Tony Evers, "what we know for certain is that he is not the first Black man or person to have been shot or injured or mercilessly killed at the hands of individuals in law enforcement in our state or our country." In a tweet, Crump said Blake was leaving the scene after "breaking up a fight between two women."

According to Kenosha police, officers were called to respond to a domestic disturbance, but it's unclear who called 911 or what happened before the video recording begins. (An investigation into the shooting is underway.)

Public outcry led to protests in Wisconsin and elsewhere, with many calling for police reform in the wake of other police shootings of Black people that have drawn national attention. "As we pray for Jacob Blake to live," said Wisconsin senator Tammy Baldwin, "let peaceful protests lead the way to the answers we seek, and justice."

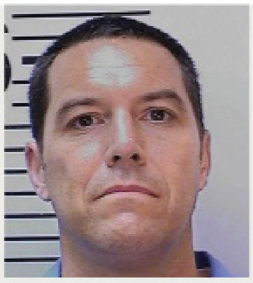
—MICHELLE TAUBER

(PETERSON) UNCREDITED/AP/SHUTTERSTOCK

People
Laci's Murder
Scott's double life
Her family's anguish
The other woman
The latest evidence
IT'S A GIRL!
Zeta-Jones' new baby
WOW! LOOK AT BRITNEY
Surprise makeover
LUTHER VANDROSS
Battles for life after a stroke

Scott Peterson off Death Row

A legal victory for the man convicted of his wife's 2002 murder



The trial that captivated a nation has a new twist. After being convicted of two counts of first-degree murder for the 2002 death of his wife, Laci Peterson, and their unborn son Conner, Scott Peterson, 47, who has been on death row in California since 2005, is getting a new sentencing trial. On Aug. 24 the California supreme court reversed Peterson's death penalty conviction because of "clear and significant errors in jury selection." In the new trial prosecutors can once again ask for the death penalty for Peterson. (His guilty conviction will remain in place.) Laci Peterson was 27 and eight months pregnant when she disappeared from her Modesto, Calif., home on Christmas Eve in 2002. Her body was later found in San Francisco Bay in April 2003, and Peterson was convicted of both her murder and that of their unborn son. The new penalty trial has not yet been set.

Stories to make you... smile!

Everyone Wants to Go to Work When the 'Chief Comfort Officer' Is a Goldendoodle

BROOKFIELD, WIS.

In 2010, when Samantha Kandah brought her 2-month-old puppy Aidan to training school, the instructor told her, "I see it in his eyes that this dog has a purpose." Today the 10-year-old goldendoodle is an executive. Aidan serves as "chief comfort officer" at technology consulting company ThoughtFocus, where Kandah, 51, works as a marketing director. Aidan's responsibilities include playing with employees and participating in ThoughtFocus's philanthropy initiatives, like classroom visits. "People tell me Aidan helps ease the anxiety and isolation they've been feeling during the pandemic," Kandah says. "They can feel their stress levels go down." Aidan also works as a therapy dog, providing emotional support to children battling cancer, military vets with PTSD and others—often via Zoom. Says Kandah: "He absolutely loves humans, which is what makes him so good at his job."

Aidan "oversees" a charity called Comfort Gives that helps local communities. Inset: Aidan comforts a coworker in June.

Hearing Camryn say "Black Lives Matter" was "a feel-good moment for my heart," says Gonzales (meeting Camryn at Home Depot).

An Emotional Encounter Leads to a Special Friendship

COMMERCE CITY, COLO.

During a recent trip to Home Depot for yellow daisies, Sherri Gonzales, 55, heard a little voice shout at her, "Black Lives Matter!" The voice belonged to 4-year-old Camryn Radcliff, who'd attended a Black Lives Matter march with her mom, Caasie, 40. "Thank you for recognizing that my life matters," Gonzales said. The new friends took a picture together and promised to arrange a playdate. They kept that promise. The two, along with Caasie, talk daily and have met up several times. "We're great friends," Gonzales says. "It's like having another grandbaby."

CLOCKWISE FROM TOP: MEGAN DRANE; SAMANTHA KANDAH; SHERRI GONZALES

By **MORGAN SMITH** *and* **WENDY GROSSMAN KANTOR**

Have a story that makes you smile?
Send suggestions to **storiestomakeyousmile@people.com**

ECZEMA: UNDER CONTROL. SO ROLL UP THOSE SLEEVES.

DUPIXENT is a breakthrough in the treatment of uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

HELP HEAL YOUR SKIN FROM WITHIN
Not an actual patient.

DUPIXENT helps restore the look and feel of skin. And it's not a cream or steroid. It's a biologic that continuously treats eczema over time—even between flare-ups.

In a 16-week clinical trial, children (ages 6-11 years) taking DUPIXENT and a topical corticosteroid (TCS) saw:

Clearer Skin	Noticeably Less Itch
30% taking 300 mg every 4 weeks vs 13% on TCS only	54% taking 300 mg every 4 weeks vs 12% on TCS only
39% taking 200 mg every 2 weeks vs 10% on TCS only	61% taking 200 mg every 2 weeks vs 13% on TCS only

Your healthcare provider will tell you how much DUPIXENT to inject and how often.

After an initial loading dose of 2 injections: children 33-66 lb take 300 mg every 4 weeks; children 67-132 lb take 200 mg every 2 weeks.

DUPIXENT®
(dupilumab) Injection
200mg · 300mg

TALK TO YOUR ECZEMA SPECIALIST AND GO TO DUPIXENT.COM TO FIND OUT MORE

INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines and if you have atopic dermatitis and asthma. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

SANOFI GENZYME REGENERON

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IF YOUR FINANCIAL SITUATION HAS CHANGED, WE MAY BE ABLE TO HELP. CALL 1-844-DUPIXENT (1-844-387-4936)

Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only
(DU-pix'-ent)
injection, for subcutaneous use

What is DUPIXENT?
- DUPIXENT is a prescription medicine used:
  - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?
Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?
Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:
- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.

  Pregnancy Registry. There is a pregnancy registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about your health and your baby's health. You can talk to your healthcare provider or contact 1-877-311-8972 or go to https://mothertobaby.org/ongoing-study/dupixent/ to enroll in this registry or get more information.

- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:
- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and also have asthma

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.

How should I use DUPIXENT?
- **See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.
- If you miss a dose of DUPIXENT, give the injection within 7 days from the missed dose, then continue with the original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?
DUPIXENT can cause serious side effects, including:
- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.
These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.
Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.
This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.
For more information about DUPIXENT, go to www.DUPIXENT.com
or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?
Active ingredient: dupilumab
Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
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Issue Date: May 2020

Edited By
Tom Gliatto

People picks

THE BEST STUFF TO WATCH, READ & LISTEN TO THIS WEEK!

The avengers: Ellen (left), Sandi, Tracy and Sabrina.

SHOWTIME

TV | Love Fraud

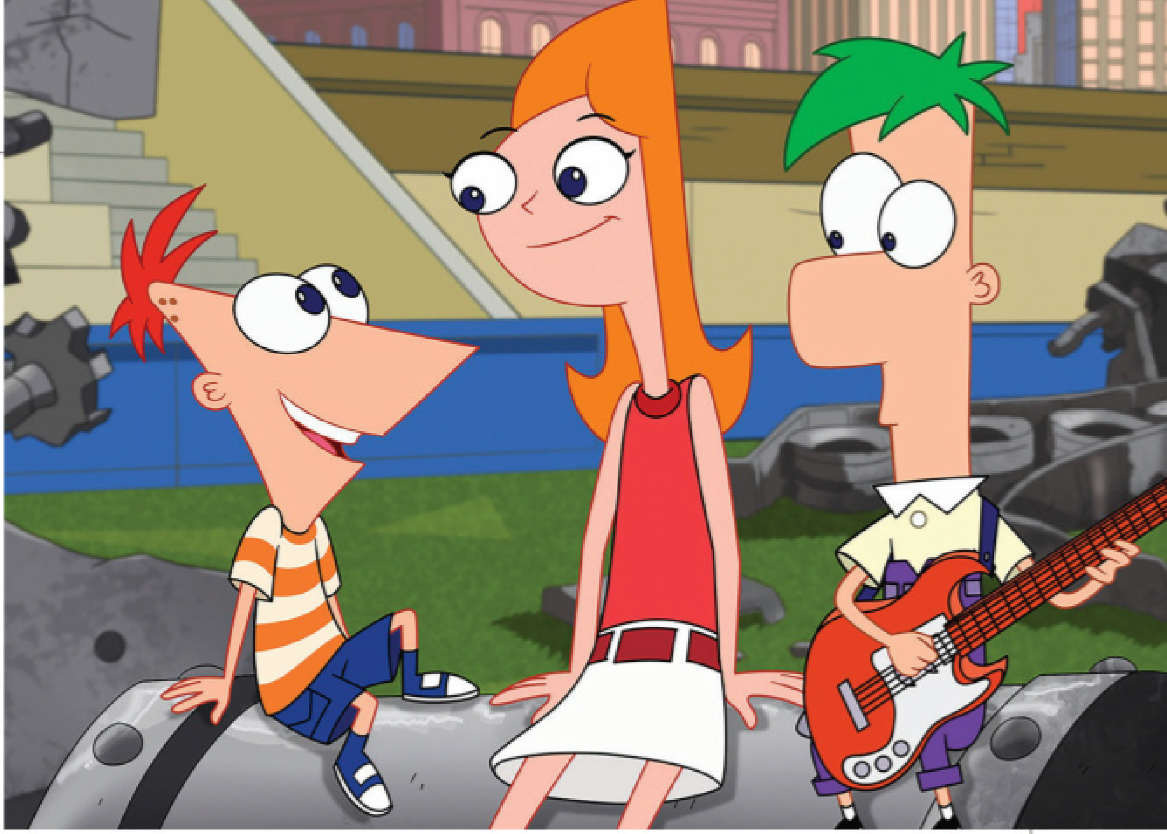
A must-see story of true crime—and false vows

‘Suspenseful, breathless and full of twists’

DOCUSERIES “Dating in your 40s sucks,” says Tracy. “It seems like your only choice is to go online.... You look at a picture of someone and think, ‘Wow, he has kind eyes’... and you get there and they don’t have teeth.” Or you meet the devil himself, smiling with charm—that’s what allegedly happened to Tracy and the other women in this addictive four-part docuseries. *Fraud* is about both their victimization and their revenge. They all fell for a man named Richard Scott Smith: He seduced them with love and kindness, typically married them (more than one at a time—he was a bigamist) and then skedaddled, taking their money with him. Many of the women, heartbroken and stunned, pooled their information about this creep—and became acquainted with one another—on a blog. In *Fraud* a band of them determines to find him, working with a bounty hunter named Carla. (If this gets rebooted as a movie, that part goes to Frances McDormand.) Filmed by Rachel Grady and Heidi Ewing as events unfold, *Love Fraud* is suspenseful, breathless and full of twists. The women are good company—adversity has toughened and emboldened them, and they mark every step closer to their enemy with grim excitement. The finale is a stunner. The last twist, in fact, is so dark, it makes us wonder why we were having such a fine time. *(Showtime, Aug. 30, 9 p.m.)*

TV | Transplant

DRAMA Imported from Canada's CTV, *Transplant* stars Hamza Haq as a Syrian refugee who—following a not too plausible opening setup—gets to put his skills to use in a major hospital. The very likable Haq gives an understated but assured performance. *(NBC, Sept. 1, 10 p.m.)*



DISNEY+ | Phineas and Ferb the Movie: Candace Against the Universe

FAMILY Just as they did on the popular TV series, Phineas and Ferb are working sister Candace's last nerve: She's thwarted once again as she prepares to tattle on the boys' latest weird creation—in this case, a giant robotic clown. Then she's abducted by aliens and taken to a planet called Feebla-Oot, where she's pampered, feted and allowed to feel extra-special. (The aliens' motives, needless to say, are suspect.) It's fun, sunny and packed with good musical numbers—a nice summer snack. *(Launches Aug. 28)*

FROM LEFT: YAN TURCOTTE/SPHERE MEDIA/CTV/NBC; DISNEY+

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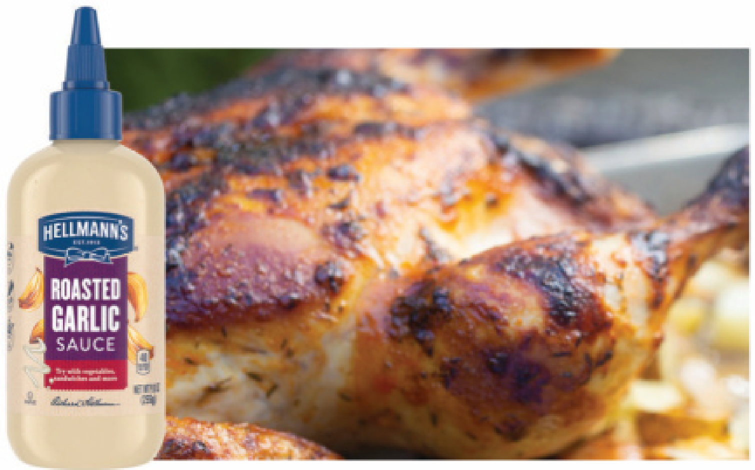

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TV | Planet Earth: A Celebration

NATURE Offering itself as a comfort in bad times, this gorgeous special is a sort of greatest-hits distillation of *Planet Earth II* and *Blue Planet II*. "While we are restricted," says narrator David Attenborough, "wildlife is free." Free to eat and be eaten too, but that's not the point. *(BBC America plus IFC, AMC and SundanceTV, Aug. 31, 8 p.m.)*

All Together Now's Rhenzy Feliz

The N.Y.C. native thought he'd pursue a baseball career until he took an improv class at 16. "I quit baseball and joined the fall play," says Feliz, 22. After starring in *Runaways* on Hulu, he plays a teen in love with a classmate (Auli'i Cravalho) who's homeless in the new Netflix movie *All Together Now*. "I want to be a part of something that's bigger than just the performance," he says.

—DANA ROSE FALCONE

one to watch

Feliz and Cravalho

FROM TOP: BBC STUDIOS/BBC AMERICA; JESSE GRANT/GETTY IMAGES; ALLYSON RIGGS/NETFLIX

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Q&A

Travis Fimmel

The Australian actor and Vikings *alum, 41, stars in the futuristic fantasy series* Raised by Wolves, *launching on HBO Max Sept. 3.*

What made you sign on to this project?
I'm not a sci-fi guy, but I didn't need a pitch—[executive producer] Ridley Scott asked me, and I was like, "Yeah, of course." It's so unique. This is something no one has seen on TV before.

Fimmel plays a former child soldier.

Was there any action sequence you really enjoyed?
Actually, I don't love the action stuff at all. I'm lazy. The stunt guys get paid; it's what they do to make a living.

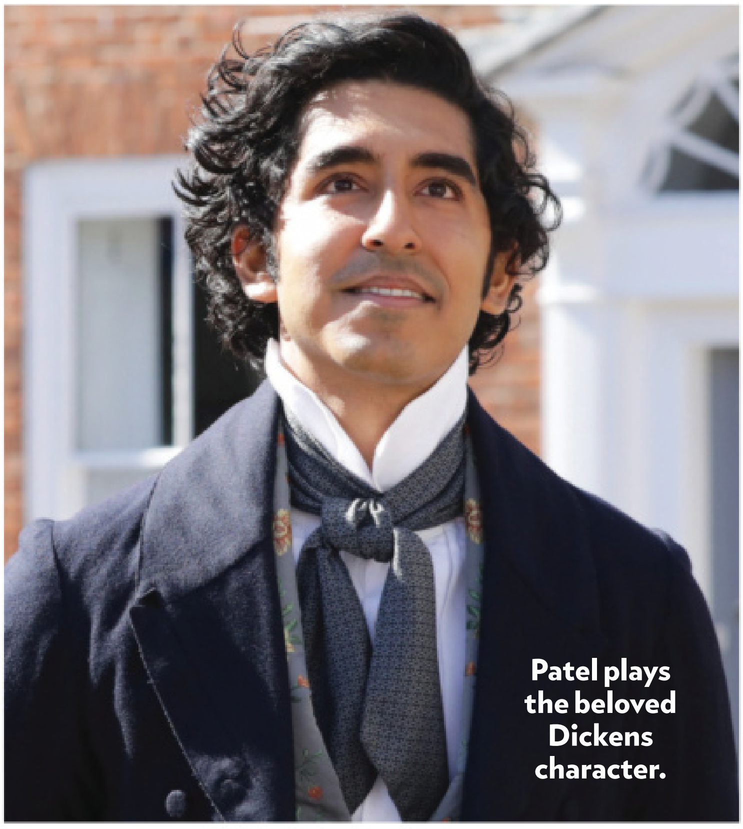
How has lockdown been for you?
I've got a little farm, and it's been a great chance to work on that, get a lot of stuff done.

—KARA WARNER

CLOCKWISE FROM TOP LEFT: DANIELE VENTURELLI/WIREIMAGE; DEAN ROGERS/TWENTIETH CENTURY FOX; RANDY HOLMES/ABC/ GETTY IMAGES; COCO VAN OPPENS PHOTO

MOVIE | The Personal History of David Copperfield

COMEDY-DRAMA Invigoratingly fresh, director Armando Iannucci's adaptation of the Dickens classic is so confidently light you can practically hear the crisp turning of pages. Dev Patel (*Slumdog Millionaire*) is the hero, a fine young man who endures every indignity short of green Nickelodeon goop before getting his happy ending. Iannucci (*The Death of Stalin*) captures both the mocking humor and the humanity of the original. *(In limited release, PG)*



Patel plays the beloved Dickens character.

MUSIC | Angel Olsen, *Whole New Mess*

ROCK Olsen was backed by swelling strings on 2019's acclaimed *All Mirrors,* but she first recorded the songs solo. Now she has compiled those versions—plus two new songs—for her rawest, most intimate album in nearly a decade. This is much more than a curio of an artist's progress. *(Available Aug. 28)*

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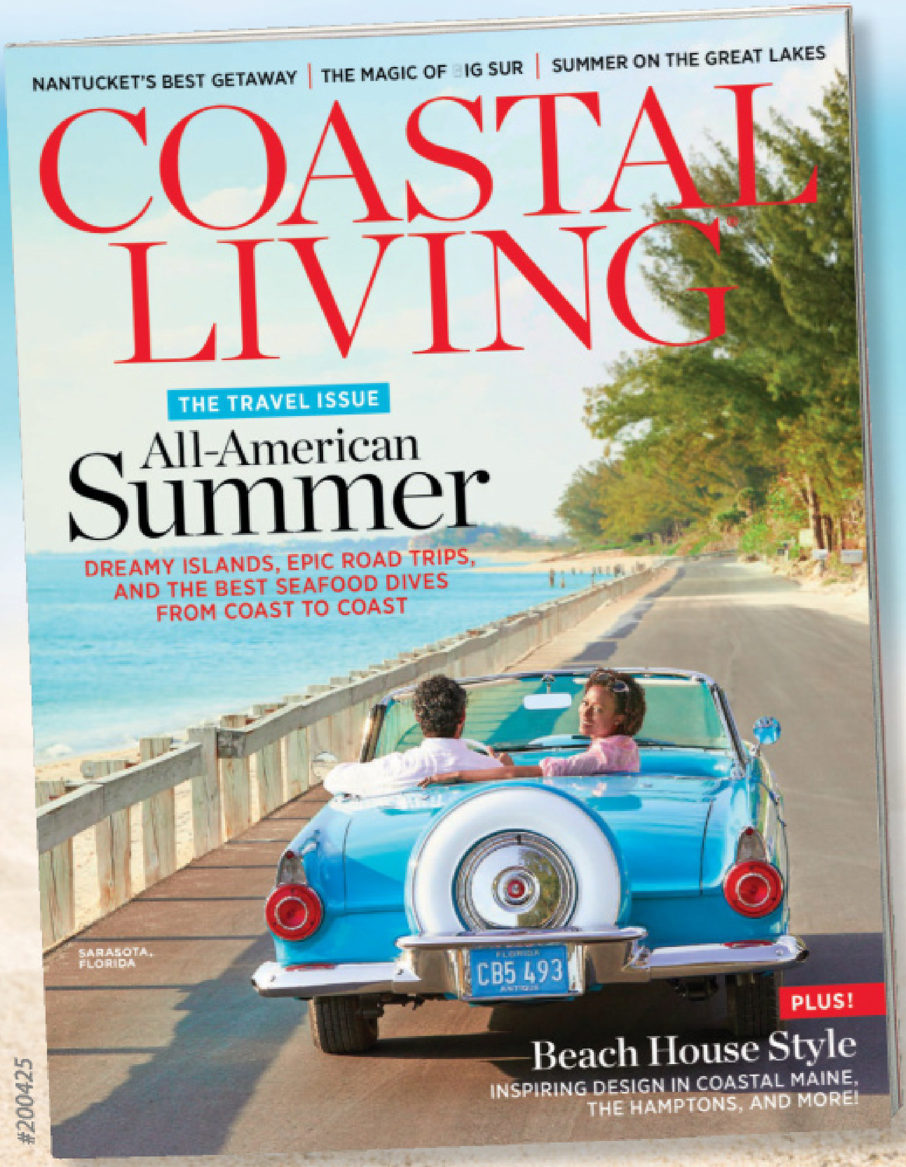
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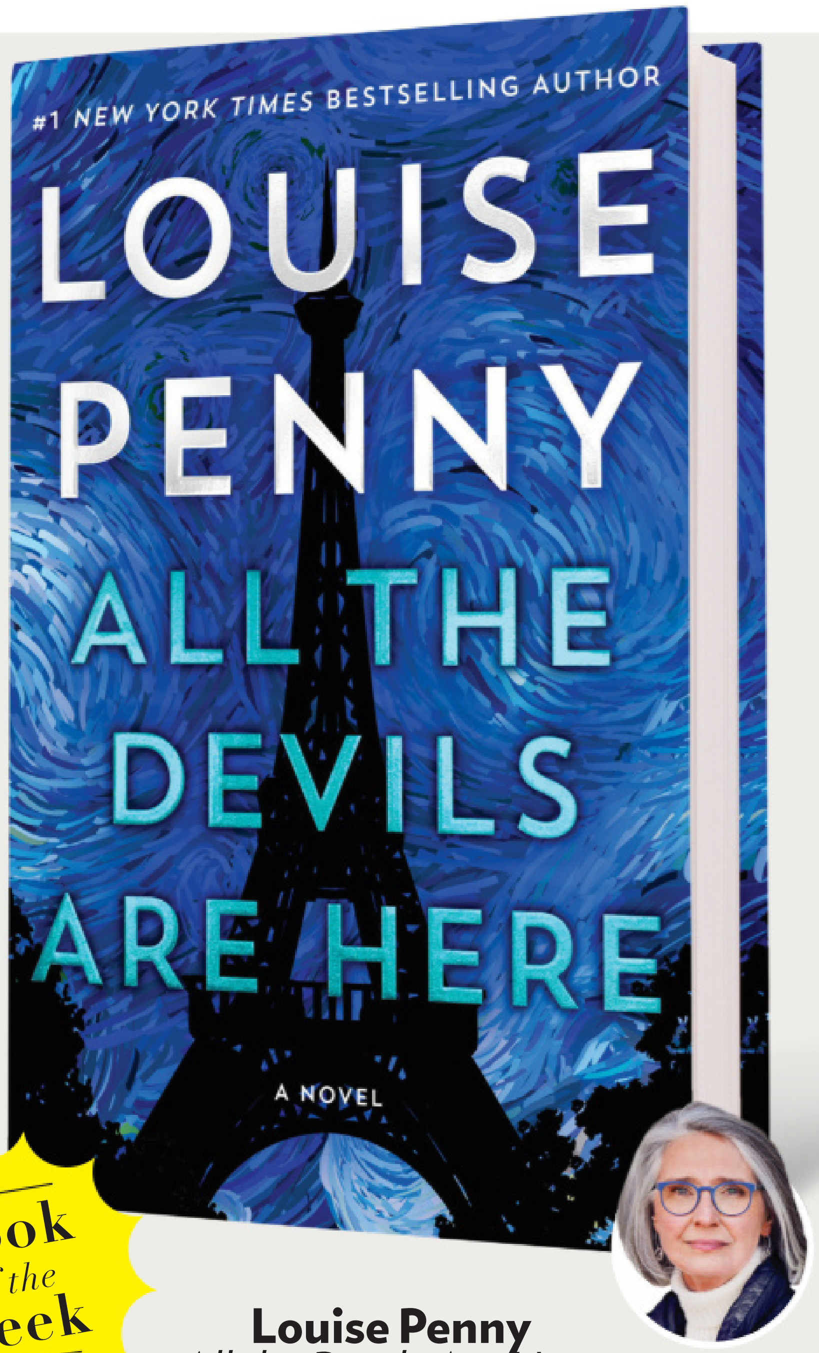
The Best New Books

A tasty murder mystery set in Paris, another triumph from the author of *My Brilliant Friend* and an immigrant family's harrowing story

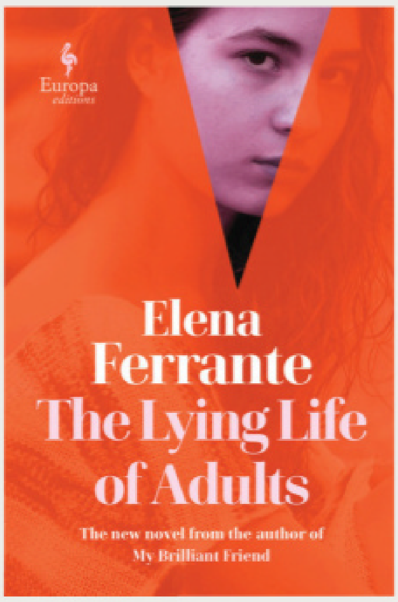
Edited by **KIM HUBBARD**


#1 NEW YORK TIMES BESTSELLING AUTHOR
LOUISE PENNY
ALL THE DEVILS ARE HERE
A NOVEL

book *of the* week

Louise Penny
All the Devils Are Here
NOVEL

In the 16th installment of Penny's irresistible Chief Inspector Gamache series, the action moves from rural Quebec to Paris, where Gamache and his wife await the arrival of a new grandchild. Naturally, murder and mayhem burst onto the scene, uncovering secrets that threaten the entire family. Penny excels at capturing the inner life, whether it's a criminal's or a resentful child's. Series novices and die-hard fans alike will be left breathless—and moved.


Europa editions
Elena Ferrante
The Lying Life of Adults
The new novel from the author of My Brilliant Friend

Elena Ferrante
The Lying Life of Adults
NOVEL

Giovanna is 12 when she overhears her father compare her to his despised sister. Her curiosity about this estranged aunt and the lower-class Naples her father rejected mirrors her exploration of her own identity. A study of adolescence as propulsive and operatic as Ferrante's spectacular Neapolitan quartet.

TRANSCENDENT KINGDOM
a novel

Yaa Gyasi
Transcendent Kingdom
NOVEL

Gyasi (*Homegoing*) explores the limits of love, science and faith in this story of a young neuroscientist studying addiction. Gifty's family emigrated from Ghana to Alabama before her birth; her brother overdosed at 16 after being prescribed OxyContin. Now it's her mom, the lab mice and herself. Whom can she save?

New in Nonfiction

Helen Macdonald
Vesper Flights
The author of *H Is for Hawk* returns with essays exploring the animal world and our intimate connection to it. An eloquent call to get outside and share the wonder.

Kerri Arsenault
Mill Town
Arsenault combines memoir with investigative journalism in this tale of the toxic paper mill at the center of her Maine hometown, an area now nicknamed Cancer Valley.

Rebekah Taussig
Sitting Pretty
Writer, disability advocate and creator of the Instagram account @sitting_pretty on living in a body that's not like everyone else's. Insightful and instructive.

Vesper Flights
Helen Macdonald
author of H is for Hawk
MILL TOWN
Reckoning with What Remains
Kerri Arsenault
SITTING PRETTY
THE VIEW FROM MY ORDINARY RESILIENT DISABLED BODY
REBEKAH TAUSSIG

INSETS, FROM LEFT: ST. MARTIN'S PUBLISHING; PENGUIN RANDOM HOUSE

Contributors BOOKS MARY POLS, ELLEN SHAPIRO, MARION WINIK MUSIC ERIC RENNER BROWN

The Bella Twins

We're So in Love

Total Bellas stars Brie and Nikki welcomed sons just 22 hours apart. Meet Buddy and Matteo!

By **CHRISTINA DUGAN**

Photographs by
BRIAN BOWEN SMITH

Sweet Destiny “It was fate,” Brie (opposite, with Buddy) says of giving birth just after Nikki (with Matteo). “I feel like we have spiritual twins.”

with Our Boys!

Buddy Dessert Danielson

Born
Aug. 1, 2020
8 lbs. 14 oz.,
20 in.

Party of Four
“There’s a lot more laughter and noise in our home,” says Brie (with husband Bryan, daughter Birdie and son Buddy).

“It’s been nice to put a little makeup on,” Brie Bella admits to her identical-twin sister, Nikki, after their *People* photo shoot at Brie’s house, next door to hers in Phoenix. For the past few weeks the WWE champions and stars of E!’s reality TV hit *Total Bellas* have had their hands and hearts full after each welcoming a baby boy—born just 22 hours apart. “Some people are like, ‘Oh, did you guys plan this?’ ” says Brie, who gave birth to son Buddy Dessert Danielson on Aug. 1. (She and her husband, wrestler Daniel Bryan, 39, also have a 3-year-old daughter, Birdie.) “You can’t plan when your water breaks!” adds Nikki, who welcomed her first child, son Matteo Artemovich Chigvintsev, with her fiancé, *Dancing with the Stars* pro Artem Chigvintsev, 38, on July 31. (She was previously engaged to wrestler-actor John Cena; they split in July 2018.) Since announcing their pregnancies in January, the 36-year-old Scottsdale, Ariz., natives—who retired from professional wrestling in March 2019—have embraced their journey to motherhood together, all while facing the challenges of a global pandemic. Now, looking at their boys, the twins are overwhelmed with gratitude. “There’s something so special about what we just went through,” Brie says.

> ‘There’s something about these boys.… They had to come into this world together’
> —BRIE BELLA

●●●

Congratulations! How are you feeling?

NIKKI I’ve been up since 3 a.m.! The one day my little boy decides not to sleep in the morning. But this is what I’ve wanted my whole life. The fact that he’s here—I’m just so in love and happy.

BRIE That’s what happens when you’re on an infant schedule. But like Nikki said, the love is just so overpowering that even though you’re so

PREVIOUS SPREAD: (BRIE) WHITE KNIT DRESS/RALPH LAUREN; (NIKKI) BLUE STRAPLESS DRESS/RALPH LAUREN; THIS PAGE: (BRIE) BLUE PLAID DRESS/RALPH LAUREN

tired, that bliss just takes over.

It's hard to believe you both gave birth within a day of each other. But then again, you do everything together! Nikki, were you originally due first?

NIKKI No, I was originally due Aug. 6 and was going to get induced a week early, because I really wanted to try for vaginal birth, and my doctors were worried about high blood pressure. When we went into the doctor's office and they were starting the process, my water broke.

BRIE I was with her and was like, "My sister is really going into labor before me?"

NIKKI I'm a true champ. I compete at everything.

Nikki, walk me through your birth journey.

NIKKI Artem and I were so not prepared. We barely had bags packed. I labored for 22 hours, and I pushed for two hours while wearing a mask because of COVID-19. It was 118 degrees in Phoenix, and our room wouldn't get colder than 76 degrees, so I was burning hot the whole time. I had two more rounds of pushing [to go] until my doctor said, "You're going to have to have a C-section." I said, "No, he's coming out vaginally." I looked at Artem [who was allowed in the room with a mask], and I go, "Put on the Lumineers!" And literally we "Hey Ho"-ed and "Ophelia"-ed Matteo into this world. I have never pushed so hard in my life. I almost tore off the handlebars!

What was it like to meet your son?

NIKKI When he was put on my chest, it was the most incredible feeling. I wouldn't let him go. I was already so in love. I couldn't stop looking at him. Then, when I saw Artem hold him, I fell so much more in love with him, and I could just tell in that moment that he was going to be such an amazing father. The emotion in his face made me melt, and I was like, "We need to plan our wedding. I need to lock this in."

Brie, at what point did you go into labor?

BRIE I had a scheduled C-section Aug. 1. I was trying to have a VBAC [a vaginal birth after a previous cesarean section] because I had an emergency C-section with Birdie, but I forgot I make stubborn babies, and they don't like to come out. When Matteo came on the 31st, I was like, "No matter what, my baby is coming at 9 a.m. tomorrow." We didn't know it was a boy yet. This experience was so different from my last—just to walk into a C-section and be completely alert. When they pulled out Buddy, they put down the curtain, and my husband was like, "Oh, I got a boy!" We were really overwhelmed with joy.

Behind the Names

Buddy is named after his paternal grandfather, who died in 2014. "My husband's dad really wanted a grandson," Brie says. His middle name, Dessert (pronounced "desert"), "is my grandmother's maiden name," says Brie. Matteo, which means "God's gift," is spelled with two T's "to keep it Italian," Nikki says, in honor of their mother's background. His middle name, Artemovich, means "son of Artem," following his father's Russian traditions.

Matteo Artemovich Chigvintsev

Born
July 31, 2020
7 lbs. 3 oz.,
19¾ in.

In It Together
"I don't know how I would do this without Artem," says Nikki of Chigvintsev, who returns to *DWTS* on Sept. 14. "I'm so blessed."

First Look

After giving birth in the same hospital, the sisters were eager to meet each other's babies. "Because I had a C-section, I couldn't get out of bed, so Nikki, Artem and Matteo came to our room around midnight" on Aug. 1, says Brie (left; she wore inflatable leg wraps to prevent blood clots). "To see Nikki holding a baby, I was like, 'What? That's my sister!'"

Growing Family

"Our little boys are their dads: calm and patient," says Brie (right). Nikki says she and her sister "are the wild ones and very feisty. Our boys don't have our personalities yet. Birdie does. Birdie is our mini."

When were you able to meet each other's babies?

BRIE We were so lucky because our hospital rooms were right next to each other. I was like, "My sister and I have been quarantined together, we're identical twins. Could she come in?" They said, "Okay," so Nikki, Artem and Matteo came in the middle of the night. It was really emotional to see them.

NIKKI It was so special. It was almost like reliving our labor again. Like, "Whoa, look at this baby!"

BRIE Matteo was a lot smaller than Buddy, so it was cute to see the boys right next to each other.

How did Birdie react to meeting her little brother and new cousin?

BRIE Nicole left the hospital before me, so Birdie got to meet Matteo first.

NIKKI She looked at him and she looked at me, and she said, "What a wonderful baby." She wanted to touch his head, and she was so gentle, and she just kept going, "Aw." She calls him Teo—and I have a feeling that's what everyone will end up calling him.

BRIE She always kept telling me she wanted a sister, but when she met Buddy, she was so satisfied and just gave him kisses. She calls him Bud-Bud. I love seeing how nurturing she is, but she's going to boss those two little boys around. They're not going to be able to get away with anything.

NIKKI She is her own boss.

How have you been supporting each other?

NIKKI As a new mom, I freak out about every little thing. Like, "He's breathing this way. And his poop looked like this." Instead of always calling the doctor, I just call Brie. She calms me. I just feel so blessed because she's been there for me so much.

The Bellas: 5 Things to Know

They're Inseparable

Nikki (above left), born Stephanie Nicole Garcia-Colace, is 16 minutes older than twin Brie, born Brianna Monique Garcia-Colace.

They're Sporty

Growing up in Scottsdale, Ariz., Nikki and Brie were fierce soccer stars, playing in elementary school and high school before auditioning for the WWE in 2006. "We've been athletes our whole lives," Nikki says.

They're Proud of Their Roots

Born to a Mexican-American dad, Jon Garcia, and an Italian-American mom, Kathy Colace, the twins honor their heritage. "Rejoice in your culture," Nikki told *People* in 2017.

They're Entrepreneurs

The sisters' joint ventures include activewear brand Birdiebee, beauty line Nicole + Brizee and Belle Radici wine, for which a motherhood-inspired chardonnay is in the works.

They're Superstars

They became two of the WWE's top female stars (above, in 2015), and reality shows *Total Divas* and *Total Bellas* followed.

PHOTOGRAPHS: COURTESY THE BELLA TWINS(3)

Scan this QR code on your phone's camera to watch *People Cover Story: The Bella Twins' Double Baby Joy* on PeopleTV.

HAIR: ANTONIO ESTRADA; MAKEUP: EILEEN SANDOVAL; STYLIST: HEIDI MEEK/THE WALL GROUP

BRIE It's funny, because in the middle of the night, we're always like, "Are you awake?" And we'll either share articles or we'll just chitchat. It makes breastfeeding and waking up through the night just feel a little more special.

You've been athletes all your life. Are you looking forward to working out again when you're ready?

NIKKI I'm really excited to get strong again and challenge myself.

BRIE I do crave working out. With Birdie I felt pressure to get back into shape, but I don't feel pressure this time.

NIKKI The world is so much more accepting now of postpartum bodies and knowing that it takes time. I want to do it the healthy way. I want to think of my son first.

Nikki, you've talked a lot about your desire to become a mom. Is it everything you expected?

NIKKI It is! I'm truly taking in every second and every moment. I tell Brie, "I cry so much because I love my son so much." I cry because I have so much love in my heart. If I would have missed out on being a mom, that would have been so sad, because this little boy makes my life so full.

> 'I have this mama bear instinct now'
>
> —NIKKI BELLA

What have been the biggest challenges so far?

NIKKI I'm still figuring out certain cries. When I can't figure out what's wrong, that's such a challenge for me, because I'm such a fixer.

BRIE This is my first time having to split attention between two kids. I'm trying to figure out Birdie's needs, Buddy's needs and also my own self-care. Between that and breastfeeding—because Buddy's a grazer—it's been a lot.

When you look back at being pregnant together and see your boys today, how does it feel?

BRIE I feel like our sons had some game plan up there that they wanted to do down here. I'm excited to see them grow up and see what their purpose is, because they're way too in sync.

NIKKI I've always heard these newborn moments go by so fast, but being inside during quarantine, they kind of feel like they go by a little slow. I actually get to just take it all in—and I wouldn't have wanted it any other way. I never knew I could ever be this happy and in love. ●

THE RED CARPET COMES HOME!

EMMYS | 2020

AS THE AWARDS SHOW PREPARES TO GO VIRTUAL, *PEOPLE* ASKED SOME FUNNY, FABULOUS NOMINEES HOW THEY MIGHT CELEBRATE IN A YEAR WHEN TELEVISION BROUGHT FAMILIES AND FRIENDS TOGETHER

KEVIN HART

Outstanding Unstructured Reality Program

Kevin Hart: Don't F--- This Up

(Netflix)

How did you find out about your nomination?
My team called me. When I get calls from my team I automatically think I'm in trouble. This was actually good news for a change.

Your docuseries took fans behind the scenes of your marriage and the controversy you faced over hosting the Oscars. What made you want to share it?
I was sitting on footage from one of the craziest times in my life, and I think it's good to be transparent. It's who I am, it's what I am.

How has your family bonded during quarantine?
We did game nights, and we found out there are a lot of sore losers in our house. My wife and my daughter get pretty angry.

Photograph by ART STREIBER

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BRADLEY WHITFORD

Supporting Actor in a Drama
***The Handmaid's Tale* (Hulu)**

Have you stayed in touch with your castmates during quarantine?
The cast is very close and communicative largely because of [executive producer and star Elisabeth] Moss. We've had very interesting discussions, not only about the pandemic, but in the wake of the George Floyd killing.

Have you decided what you'll wear for the virtual ceremony?
I have a tux, but I'm close to being the kind of person who would not wear a tux and do something a little weirder.

How do you plan to watch the ceremony?
My wife, Amy [Landecker], will be here. At least one of my children will be here, and I'll drag her into it, but my kids don't care. They're totally embarrassed by this whole endeavor.

Photograph by IAN MADDOX

GROOMER: KIM VERBECK/THE WALL GROUP; PROP STYLIST: WANTED PD; PREVIOUS SPREAD: PROP STYLIST: WANTED PD; STYLIST: ASHLEY NORTH; TUXEDO, SHIRT, BOXERS, SOCKS: PAUL SMITH

YVONNE ORJI

Supporting Actress in a Comedy

***Insecure* (HBO)**

How did you celebrate your nomination?
Issa [Rae, *Insecure*'s co-creator, who's also nominated] and I FaceTimed. And then it was still kind of like, "This is sad." So we made a date. She was like, "I got tested. I'm negative." I was like, "I'm negative too." She came over and we had champagne. I ordered tacos. And then we sat outside until sunset.

What will Emmy night look like at home?
I'm still trying to get my parents in from Nigeria. And I told my stylist we have to get a gown. It has to feel like we're there. Corona will not ruin this for me.

We've all been quarantining. What have you discovered about yourself?
That I love four-hour baths. I have a TV, and I'll watch a couple episodes of stuff. Or I'll just journal for hours.

Photograph by EMILY SHUR

HAIR: MARY DANIELS; MAKEUP: DRINI MARIE;
PROP STYLIST: WANTED PD; STYLIST: APUJE KALU/
CELESTINE AGENCY; DRESS: AZZI & OSTA COUTURE;
SHOES: CASADEI; EARRINGS AND RINGS: LILOU

THE EMMY AWARDS AIR SEPT. 20 AT 8 P.M. ET ON ABC

KENAN THOMPSON

Supporting Actor in a Comedy
***Saturday Night Live* (NBC)**

Who will be your Emmy date this year?
I'm going to have my wife [model Christina Polito] join me, if she'll have me. I think it would be nice for us to just dress up and sit on the couch together and be slobs.

What's been the biggest challenge shooting *SNL* at home?
Going through my closet and seeing what I have for props and wardrobe. I didn't even have any wigs and stuff like that. So I had to elevate my fun-at-home game.

What's been your favorite quarantine moment?
Being able to actually be at home and watch a new *SNL* with my family. I've never been able to do that. We were all crying.

By MARY GREEN, JESSICA IAVAZZI, JULIE JORDAN *and* KARA WARNER

Photograph by CHRISTINA POLITO

PROP STYLIST: WANTED PD

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Brighter Days Ahead “Life doesn’t always look pretty, but it’s important to wake up with gratitude,” says Frost (opposite inset with Nora, Lucy and Emily Bean of Elmwood Park, Ill.).

Su

COURTESY LIFETIME(2)

JO FROST

The pernanny Takes On Quarantine

EVEN DURING A PANDEMIC, THE CHILDCARE EXPERT AND TV STAR IS HARD AT WORK AND HELPING PARENTS STAY SANE

By **AILI NAHAS**

The idea of getting good, real-world child-rearing advice via Zoom may seem impossible—unless the expert beaming in is Jo Frost of *Supernanny* fame. "We are in a trying time, but we will emerge more resilient," says Frost, who has consulted with more than 1,000 parents, children and caretakers by videoconference since March, doling out much-needed guidance for life at home during quarantine. "People are scared and desperate and don't know what to do. And a lot of issues in families are highlighted—you just can't run from them anymore. I care about children and their upbringing, and I want to help. Each family is very unique, but there are universal issues we're all dealing with."

By her own admission, shifting from in-person home visits for her Lifetime show (a revival of the popular ABC series that aired from 2005 to 2011), which was filmed prelockdown, to virtual consultations has been a challenge—but the no-nonsense Frost is nothing if not adaptable. "Through

Support System

"We don't always have all the answers," says Frost of her husband of nine years, Darrin Jackson (right, in August). "But we communicate—we still have the energy to talk." Of grandson Eli (top left), "it's fun when he comes over," says Frost. "Children are spiritual teachers. They teach us how to live in the moment." Left: Frost celebrates her 50th birthday on June 27.

this adversity, there is discomfort and awkwardness and exhaustion," says the 50-year-old parenting expert. "But the beauty is that, if you can work on what you ignored before the pandemic, you can come back with new rituals, new practices and a prioritization of what is most important."

Born and raised in southwest London, Frost grew up playing sports and finding outdoor adventures. "If the boys could do it, I could," she says. "I always had a scab on my knee from falling off my bike." Her parents, Michael, a builder, and Joan, an interior decorator who died in 1994, "gave [my brother Matthew and me] wonderful foundations as far as morals and values," says Frost. "We always had the security of knowing we were okay if we took risks. We had parents who were behind us all the way."

At 18, Frost began what would become a lifelong career in childcare and family advocacy, first as a nanny in England. "People told me I was good with children," she says. "It was just always very natural for me to hold babies and be around children; it's just part of my DNA. My education was real-life experience: mothers who weren't sleeping, all the raw emotions there. I just loved what I was doing, and I said yes to opportunities that came along."

The most life-changing of those opportunities was *Supernanny,* a TV series that premiered in the U.K. in 2004, in which Frost would visit the homes of challenged families and consult with them on behavior and discipline issues and outline strategies for implementing routines to cultivate happier households. The show was an instant success, spawning the U.S. series a year later. To produce the U.S. show, Frost moved to Orange County, Calif., with her then boyfriend, location coordinator Darrin Jackson. The two had been longtime friends before things "blossomed" into a relationship. Jackson, she says, "really understood my work and wanted to be a part of it. He's a man who thrives in the camaraderie of it all and in being able to help, so it made things very easy in that respect." The couple married in 2011.

'These are trying times. But we can come out stronger'
—JO FROST

As *Supernanny* quickly gained an audience, the shock of fame proved to be an adjustment for Frost. "I'm more of an introvert," she says. "People would be overwhelmed and excited when they saw me,

Jo's Tips for Dealing with Kids Stuck at Home

- **Have a schedule.**

"A routine creates the ability to stay on track. Set their first task in the morning—maybe making the bed—and then move on, one task at a time. Put the schedule on the wall so everyone sees it. You'll feel more productive and organized."

- **Be realistic.**

"If your kids are remote learning and you're also working at home, how can you get everything done? It's no secret: You can't. But you're not a failed parent because you didn't finish every item on your children's schedules. There is nothing happening now that will make or break them as adults."

- **Focus on preparation.**

"Create a meal plan so you're not standing in front of the fridge wondering what the kids are going to eat. If they're going to bed too late, start the process earlier. Planning will make the day much smoother."

- **Teach your kids age-appropriate skills.**

"We hover and do too much for our children, which disables them. A 3-year-old should put his own shoes on. Now is a time when we should be teaching children to do things themselves. It creates emotional maturity and brings on responsibility and genuine self-esteem."

- **Communicate with your partner.**

"Work together so everyone feels supported. It's not my house, my kids, my tasks—it's our house, our kids, our tasks. Compromise and tag team!"

- **Give everyone some space.**

"Respect each other's boundaries. Teenagers don't need you around all the time. And for couples, it's important not to be in each other's pockets. Say, 'I love you, but I need my bubble right now.' Breathe and meditate. I'm a big fan of the Headspace app."

- **Slow down.**

"Pace yourselves. Say no. We need to get out of the cultural mindset in this country [that you need to] spin 1,000 plates at once. We need to be spinning six and doing those well."

- **Enjoy unprecedented family time.**

"[Pre-COVID] the art of sitting around the dining room table was lost. Parents didn't even know their kids. Sit down at mealtimes and talk. Visit virtual museums. Discover something new and different as a family. Everything happening now will make us more resilient in the future."

Kids Club "Children are magical," says Frost (in season 8 of *Supernanny*).

Family First "I care about how we all thrive in society," says Frost, with the Richardson family of Bogalusa, La.

and I didn't know how to handle it. But I give credit to my husband—he made me feel more relaxed." And ultimately, Frost says, she's always felt embraced: "People come up to me for advice, or they want to tell me what they've learned from the show. I've been given a lot of love."

When it comes to the occasional criticism of her show (some have charged that it violates children's privacy, or that the quick fixes portrayed are unrealistic), Frost remains committed to her goal of helping families. "I don't spend time or energy worrying about what somebody wants to say about me," explains Frost. "The work I do is with conviction, and I know my purpose and why I'm doing it."

These days, on the heels of her return to television (new episodes of *Supernanny* begin Sept. 1 at 8 p.m. ET on Lifetime), Frost is enjoying some rare downtime—lounging on the beach, cooking her famous shepherd's pie and witnessing the joyful milestones of Eli, her 6-year-old grandson from Jackson's side of the family. "He learned to read and ride a bike without training wheels, so that's a big deal," says Frost with a smile. "It's so lovely to have a relationship with him and enjoy each other's company. It's a blessing." The parenting guru knows that some are surprised that she has no children of her own. "People assume I have kids or ask me when I'm going to have them," says Frost. "But as a woman, you get to make the decision, either on your own or with your partner. You don't need an excuse. And besides, spiritually I have millions of children!"

Not to mention millions of mothers, fathers, grandparents, kids and caretakers who rely on Frost's wisdom to help guide them through life's hardest moments. "This is a tough time, there are no two ways about it," says Frost. "We have a lot to overcome. But we also have this precious time to recognize what wasn't working, what we need to change and, most importantly, what—and who—we really love." ●

CLOCKWISE FROM TOP RIGHT: COURTESY LIFETIME(2); COURTESY JO FROST(2); BEN FINK PRODUCTIONS; (JO & DARRIN)
HAIR & MAKEUP: GIANNI UNGARO; WARDROBE: JO FROST; PRODUCER: NANNYJOPRODUCTIONS

PICTURE PERFECT
Jim (here with Nikki and their daughter) told relatives their marriage was strained.

A Husband Poisoned, a Wife Accused

KILLER NURSE?

JIM CAPPELLO SUSPECTED HIS WIFE WAS STEALING DRUGS FROM THE HOSPITAL WHERE SHE WORKED. POLICE SAY SHE WAS USING THEM TO KILL HIM *By* **CHRIS HARRIS**

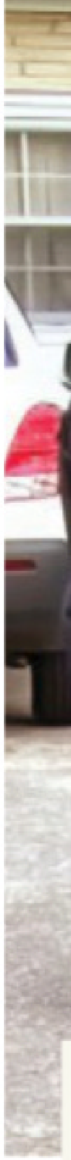
On the surface they seemed to have it all. Jim Cappello, 37, was a successful private investigator with his own firm. Marjorie "Nikki" Cappello, 32, was a well-respected critical-care nurse. Married for eight years, they were parents to a bright, beautiful little girl and had been excitedly planning renovations to the Huntsville, Ala., home they'd recently purchased. But beneath the veneer of their seemingly perfect suburban life was a darkness few beyond Jim's immediate family suspected. "He would call and confide in me," says Jim's older sister Jamie Weast. "Jim told me that if he was ever found dead, it was because his wife did it."

Chillingly, police say Jim's declaration to his sister came true. On Sept. 21, 2018, Nikki filed a missing person report for Jim after coworkers called to say that he had not shown up for work. When police arrived at the Cappello home later that day they found Jim's car in the driveway, but Nikki would not allow them to search the garage. The next day Huntsville police returned with a warrant and searched the garage, finding Jim's decomposing body inside. Nikki was arrested for murder, and two days later she posted $100,000 bond. Now 34, she has pleaded not guilty and is awaiting trial, slated for 2021.

At her arraignment last fall, prosecutors alleged that Nikki had stolen insulin from the hospital where she worked and used it to slowly poison Jim. The motive? Prosecutors say Jim had been amassing evidence of her alleged opioid addiction—he believed she was stealing opioids from Northeast Alabama Specialty Hospital in nearby Athens, where she worked—to use against her in future divorce and child custody proceedings. "I knew they were having issues, but I shrugged off [what Jim had said about Nikki killing him] as a joke," says Weast, 40, also a nurse. "You never think that someone you knew well would be capable of doing this."

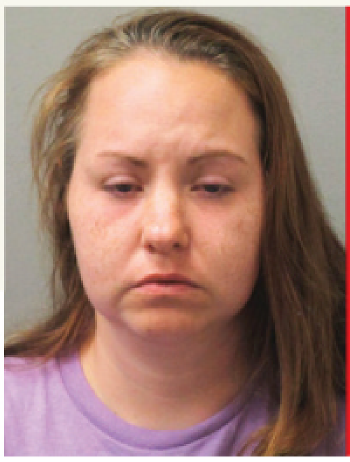
•••

Jim, who ran the Cappello Investigative Agency in Huntsville for eight years



CLOCKWISE FROM LEFT: COURTESY JAMIE WEAST; WHNT-TV; COURTESY JAMIE WEAST; MADISON COUNTY SHERIFF'S OFFICE

POLICE
POLICE



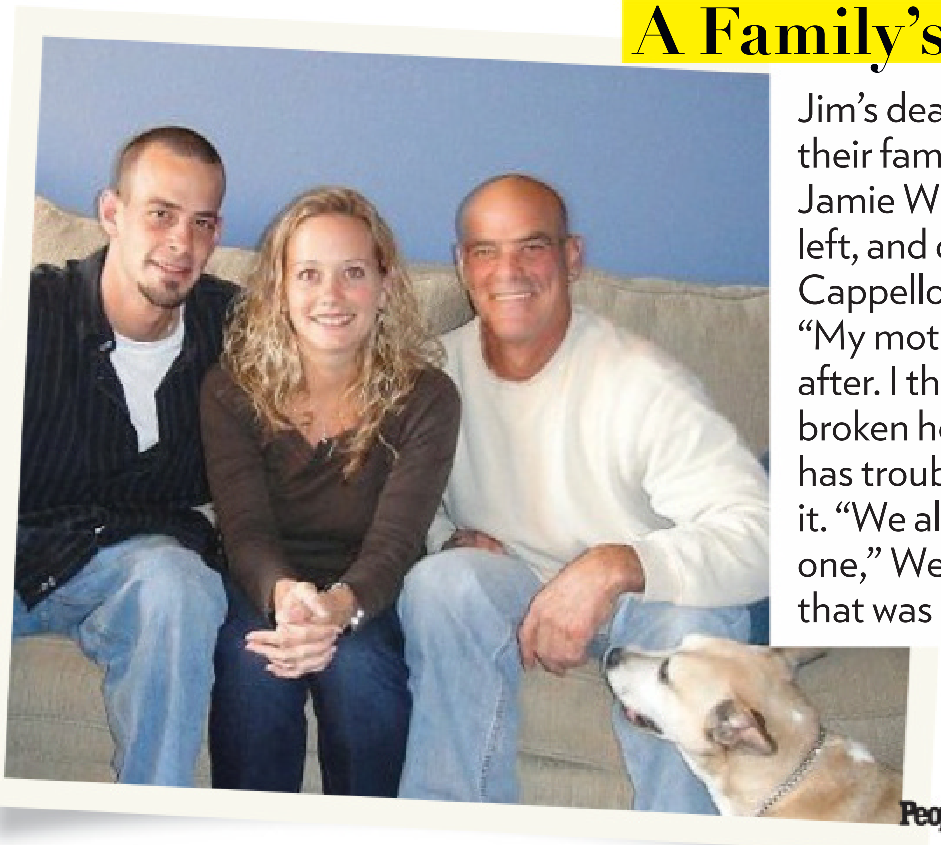
FROM MISSING TO MURDERED
Nikki Cappello (left, in a mug shot) refused to let police search the garage at the Cappello home. Authorities served a warrant (above) and found Jim's body inside.

and had worked as a private investigator since 2006, was gathering evidence of his wife's drug use—but his sister thinks it was to help save the wife he loved and make sure their daughter didn't lose her mother. "He took all this information he had collected," says Weast, "and he was devastated. He brought it to her loved ones and was like, 'Help me help her. I want to have an intervention, and I need your help.' Not long after that, he was found dead." Weast says Jim was "thinking about" divorcing Nikki, but only as a last resort: "If an intervention didn't happen, he was going to have to do something for his daughter."

Former colleagues of Nikki's say they saw warning signs that she was struggling. "I believe Nikki had an addiction to pain medication," says Evelyn Cothran, 58, who worked alongside Nikki at Northeast Alabama Specialty Hospital in 2016. "I saw her fall face-first into her food one night, and she blamed her kid—said she didn't get enough sleep." Mandy Fisher, 44, also worked with Nikki last year at an Alabama call center. "She had a whole purse full of pills," Fisher says. "On her first day, she told me her husband died recently but that she was happy because they were having problems."

'NURSES TAKE CARE OF PEOPLE. HOW COULD SHE DO THIS?'
—JAMIE WEAST

For Weast, who has been caring for Jim and Nikki's 4-year-old daughter since the murder, the upcoming trial is about more than justice. Afterward, she says, she plans to adopt her niece and help her one day understand how much Jim loved his little girl. "She'll Google her dad's name one day, and she'll have questions I don't know we'll ever have the answers to," Weast says. "My brother was an awesome guy; he loved life. We want to give her everything my brother would have wanted her to have in life." ●



A Family's Pain
Jim's death shattered their family, says sister Jamie Weast (with Jim, left, and dad, James Cappello Sr., in 2010). "My mother passed soon after. I think it was from a broken heart." James Sr. has trouble talking about it. "We all lost a loved one," Weast says, "but that was his son."

double talk

Keanu & Alex's *Excellent* Adventure!

THREE DECADES AFTER PLAYING SLACKER BUDDIES BILL & TED, THE DUO OPEN UP ABOUT THE FAME AND FRIENDSHIP THAT FOLLOWED—AND WHY THEY'RE HAPPY TO BE BRINGING THEM BACK

By **MIA McNIECE**
Photographs by
BRANDON STANCIELL

When Keanu Reeves and Alex Winter were making the comedy *Bill & Ted's Excellent Adventure* in 1989, they had no idea that it would become a massive hit, let alone a cultural touchstone for multiple generations. But they did have a pretty good hunch the experience would lead to a lifelong friendship. "Out of that moment came an affinity that lasted," says Reeves. The duo remained close friends after stepping into the roles of high school slackers who stumbled onto a time-traveling phone booth and used it to ace their history report. Now in *Bill & Ted Face the Music* (on demand and in theaters on Aug. 28), the two are middle-aged dads struggling with their marriages and careers. "It was really fun doing *Bill and Ted* in couples therapy," says Reeves, 56, with a laugh.

After the original film's success, he and Winter navigated sudden fame together. "I've been chased down the street by an entire frat house," recalls Winter, 55. "But the *Bill and Ted* notoriety comes coupled with so much joy from people when they recognize you. They're always happy." Reeves went on to star in hits like *Speed, John Wick* and the *Matrix* films while Winter, now married and a father of three, who also starred in *Lost Boys,* became a documentary director who recently made HBO's *Showbiz Kids.* Despite their busy careers, they've always kept in touch. "We've both been in different parts of the world for good chunks of our lives. So we'd come together when

Bros Reunited
Winter (left) and Reeves strike their characters' signature poses outside Winter's L.A. home. Inset: in *Bill & Ted's Excellent Adventure* in 1989.

(ALEX) HAIR: JERI BAKER; MAKEUP: BILL CORSO; (KEANU) GROOMER: KIM VERBECK/THE WALL GROUP; INSET: EVERETT

PHONE
PHONE

31 Years *of* Bill & Ted

←

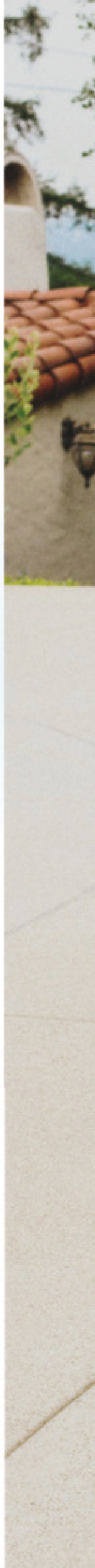
Excellent Adventure
In the 1989 film, the duo played high school seniors—but Winter was 24 and Reeves was 25.

→

Bogus Journey
In the 1991 sequel, the duo are killed by evil robots sent from the future and have to escape the afterlife.

←

Face the Music
In the third installment, the boys are now men who have to use one of their songs to bring harmony to the world.



one of us was on the same side of the planet and share experiences," says Winter. "It's fun to know that we're still on this adventure together."

•••

Do you remember your first impressions of each other?

REEVES I thought he was a groovy cat. An East Coast cat, intellectual but into riding motorcycles. Our senses of humor hit it off. Then to see the transition from the guy that I was talking to while waiting to go into the audition to the performance that I was working with was so different and inventive. It was just like, "Oh wow, this kid is super creative."

WINTER We had a lot of similar interests that we instantly bonded over. We had both moved to L.A. from the East Coast and had a theater background. We both rode motorcycles and played bass, but we also liked the same kind of theater and literature and cinema.

> 'We laugh a lot when making these films and hope it carries over. Right now people could use some laughter and joy'
> —ALEX WINTER

After the first movie came out, how did you deal with the sudden fame?

REEVES I just remember it being a lot of fun. I had been recognized for some things before, but now people were calling out to me, "Yo, dude. Be excellent. Party on!"

WINTER There have been times when Keanu and I have been hanging out over the last 25 years, and people will flip out and chase us down the street playing air guitar. But in general the thing that I find so nice now, all these years later, is the little kids that are into the movies. They've been turned on to the films by their parents or seen them on TV, and the joyful connection they have to the characters is pretty awesome.

Music and time travel are themes in *Bill and Ted Face the Music*. Is there a song that immediately transports you back to a certain time in your life?

REEVES The first thing that comes to mind is listening to the blues. But it happens with all music. It's the soundtrack of our lives.

Loves *of* Their Lives

←

Keanu & Alexandra
The very private Reeves took his relationship with artist girlfriend Alexandra Grant, 47, public last November.

→

Alex & Family
Winter with wife Ramsey Naito and son Leroy, now 22 (from his first marriage to Sonya Dawson), in 2015. The actor and Naito also have two younger kids.

SXSW FILM
IFC
CREAM

CLOCKWISE FROM BOTTOM LEFT: AXELLE/BAUER-GRIFFIN/FILMMAGIC; EVERETT(3); AMY E. PRICE/GETTY IMAGES

Fast Friends
A mutual love of motorcycles cemented their friendship; Reeves now co-owns the Arch Motorcycle company in L.A.

WINTER Keanu and I both liked the idea of music being fundamental to these characters, and the notion of finding yourself through music.

What was it like to return to the characters after so many years?

WINTER We were really young when we made the first film, with so much less life experience. So something that was really fun about playing them again was bringing back their personality, love of life and their unflappable nature but then adding to that all of the life experience that's happened to them—and to us personally—in the intervening years.

If you could get in a phone booth and travel back in time, where would you go?

REEVES The first campfire. I'd go have the first meal around a campfire.

WINTER There are so many places. Maybe another civilization when things were very, very different. Early China or some other part of culture that is completely not the way the world is today. It would be fun to witness something like that.

> 'People [started] calling out to me, "Yo, dude. Be excellent. Party on!"'
>
> —KEANU REEVES

What do you admire most about each other?

REEVES I think the way Alex can find the truth in a scene. The kind of craft of being in the moment, I think he does that beautifully.

WINTER Well, thank you sir. When we first worked together, Keanu had already done *River's Edge,* which I loved. His use of language and tying it all to some kind of emotional truth, it's just great to watch.

What was the best part of working together again?

WINTER We laughed our butts off making the first two movies. It was very gratifying to have that again on this third film. It's been fun for us to have this continuation of a journey together and to check in on each other as our lives roll along. ●

17.6 billion pounds of plastic enter the ocean every year

@ Oceana/Patrick Mustain

Our oceans sustain life. But now they are being filled, killed by plastic pollution. 17.6 billion pounds every year. Join the campaign to save the oceans. Oceana.org/plastics

Sam Waterston
Actor & Activist

OCEANA Protecting the World's Oceans

@ Oceana/Danny Ocampo

A REUNION AFTER QUARANTINE

'She Looked at Me and Said, "Mommy"'

IT TOOK AMANDA SIMPSON-ROJAS 5 MONTHS TO BRING HER 2-YEAR-OLD DAUGHTER KAIYA HOME FROM PANAMA BECAUSE OF THE PANDEMIC. NOW HER LITTLE GIRL IS SAFE—AND HOME TO STAY *By* **CAITLIN KEATING**

Together Again
"I love being a mom," says Amanda Simpson-Rojas (at home in Orlando with daughters Kaiya, left, and Evie).

Cuddled up with her 2-year-old daughter Kaiya at her Orlando home on March 1, Amanda Simpson-Rojas couldn't imagine herself happier. "It was this really beautiful moment," she says. But she also couldn't quite shake the feeling of impending disaster. The next morning Kaiya was scheduled to fly to Panama with her paternal grandmother, Grace Rojas, to spend a month with extended family. Kaiya's father, Alex Rojas, a cruise-ship engineer, would fly to meet her the following week and then bring her home in early April. The trip had been planned for more than a year, but as she

Photographs by BRYAN CEREIJO

pulled her daughter closer to her that night, Amanda says, "I had this feeling in my gut that this might be the last time I would ever see my daughter."

Just weeks later Amanda saw her premonition coming horrifyingly true. As COVID-19 spread throughout the U.S. and the world, cases in Florida also began to soar. Alex, 36, found himself stranded in lockdown off the coast of Miami. And on March 16 Panama closed its borders to international travelers, and Kaiya and Alex's scheduled flight home was canceled indefinitely. "My heart went to my throat; I couldn't even talk," recalls Amanda, 37, who was home alone in Orlando caring for the couple's younger daughter Evie, 1. Amanda spent the next five months negotiating—and pleading—with U.S. and Panamanian authorities, desperately trying to bring her daughter home. Finally on Aug. 12, after grabbing a last-minute seat on a humanitarian flight to Panama City, Amanda was able to hold Kaiya in her arms once again. "She gave me a big hug," says Amanda. "To have Kaiya back—it just feels complete."

COPA AIRLINES
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11

Headed Home Amanda and Kaiya at the airport in Panama City on Aug. 14. "She's such a good mom," says friend Arin Dale.

Family has always been important to Amanda, who met Alex in 2012 when she was a professional singer and dancer and they both were working on a cruise ship. They married three years later, and Kaiya was born in 2018. "We were in love with each other and in love with this new little life," says Amanda. Teaching the girls about their heritage was a priority for both parents. "We knew that we were going to send her to Panama; we'd discussed the trip for a long time," says Amanda. "Grace is phenomenal; she was going to be in good hands."

Knowing that helped keep Amanda strong during the emotional ordeal to bring Kaiya home—a seemingly endless trail of faceless government officials, unanswered phone calls, canceled flights and false hopes. "It was one dead end after another. It was like no one knew what to do," says Amanda, who FaceTimed regularly with Kaiya and took comfort in Grace's videos of the little girl picking fruit, cuddling the family dog and playing in the pool. "It put my heart at ease." Adds Grace, 69: "Kaiya was—and will be—my little piece of heaven in the middle of this pandemic. She made my home bustling and a happy place."

Finally, on Aug. 11, Amanda got the call from the Panamanian consulate she'd been praying for: She'd been approved for the monthly humanitarian flight to Panama the next afternoon. "I felt this numb sort of disbelief, because I was sure something was going to go wrong," says Amanda, who

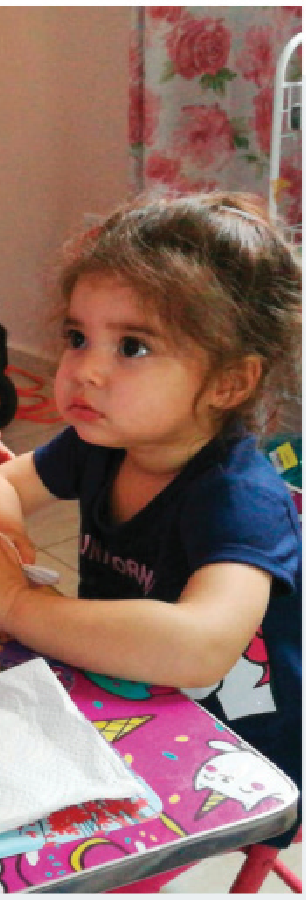
(AIRPORT, PANAMA) COURTESY AMANDA SIMPSON-ROYAS(5)

Inside Her Life in Panama

'Now that she's back, I'm just honored to get to be her mom'
—AMANDA SIMPSON-ROJAS

enlisted close friend Arin Dale to look after Evie while she flew to Washington, D.C., early the next morning to catch the six-hour flight to Panama City. "It was a miracle, all these things falling into place." Required to quarantine at her hotel during her two-day stay, Amanda was in the lobby picking up a grocery delivery when she suddenly looked up and saw Grace and Kaiya—who had driven seven hours from Grace's hometown of David—walking in. "Kaiya looked around, confused at first, and I thought she didn't know who I was," says Amanda, who knelt down to greet her little girl. "Then she looked at me and said, 'Mommy.' She touched my face, and it was really sweet."

Mother and daughter boarded a flight to Orlando the next day and arrived home late that night. The following morning, they were greeted with welcoming cheers from friends, along with a car parade, balloons and Silly String. "Having Kaiya home again just feels like the right thing," says Amanda, who welcomed Alex home last week and has wasted no time settling her daughters back into a routine of bedtime stories, family breakfasts and walks at a nearby lake. "We're creating our new adventure and redeveloping this beautiful relationship," she says. "It's a miracle, a dream come true." ●



Though stranded by the lockdown, Kaiya was able to FaceTime with her mom and dad (above). And Amanda tried "to find the silver lining" in having her daughter so far away from home for so long. "Kaiya learned Spanish and had a very special time with her grandma," she says. Grace (left), a retired professor, bought her granddaughter an easel and taught her to paint, and the family's golden retriever Nicky soon became Kaiya's best friend. Adds Amanda: "I knew that she was being fiercely loved."

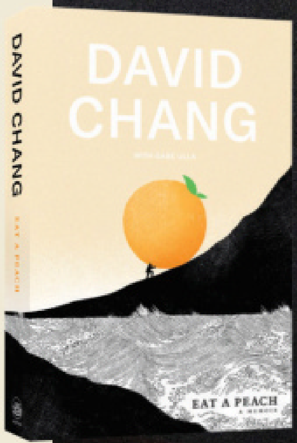
People

MENTAL HEALTH

Let's *Talk* About It

Sharing His Struggles

“I’ve been able to help quite a few people find help, so I thought this might be an opportunity to do that on a larger scale,” says Chang of his new memoir *Eat a Peach*.


DAVID CHANG
EAT A PEACH
A MEMOIR

MOMOFUKU FOUNDER DAVID CHANG

'My Success Is Completely Tied *to* My Depression'

THE CELEBRITY CHEF REVEALS THAT HE HAS BIPOLAR DISORDER—AND EXPLAINS HOW IT HAS AFFECTED HIM IN SOMETIMES SURPRISING WAYS

By **ANA CALDERONE**

Recently, David Chang, founder of the *Momofuku restaurant empire, was preparing a hot pot for his wife, Grace, and their son Hugo, 17 months, at their home in Los Angeles when the butane burner malfunctioned. Grace, 32, alerted him that she smelled something burning. "It was a completely innocuous thing, and I immediately lost my temper, and I freaked out," says Chang, 43. This particular outburst may have been a result of the stress the* Ugly Delicious *star endured after being forced to lay off hundreds of workers and close two of his 16 restaurants because of the COVID-19 pandemic. But for decades the son of Korean immigrant parents has been battling periods of depression as well as manic episodes, anger issues and suicidal thoughts caused by his bipolar 1 disorder. The disease, which he writes about for the first time in a raw new memoir,* Eat a Peach, *excerpted here, "has shaped me in so many ways," he says. Through*

JESSE DITTMAR/REDUX; INSET: GABRIELE STABILE/REDUX

Alone Together
"In Korean culture, talking about your feelings just doesn't happen," says Chang (at 2 and, right, with wife Grace, son Hugo, mom Sherri and dad Joe, who died in June).

work with the same psychiatrist since 2004, a variety of behavioral therapies and different medications, Chang has learned to cope with his symptoms but still struggles. "It hurts to know that even my wife, the person I love with all my life, can still be in the crosshairs of my illness," he says. "I'm a work in progress."

• • •

High school was where I first noticed something was off. I remember feeling sad all the time, that I didn't belong or fit in. I had debilitating anxiety. I spoke to the in-house therapist a few times, but I didn't really feel comfortable spilling my guts to someone who had lunch with my teachers seven days a week.

I saw another counselor in college. It took him two minutes to prescribe me Paxil. I never took it and I never saw him again. I was embarrassed. I didn't feel justified in seeing a therapist or taking pills. For one thing, I didn't know any other Asian people who saw therapists.

After graduating from Trinity College in Connecticut with a degree in religion and mediocre grades, he was at a loss for a career path.

I showed up to a career fair and signed up to teach English in Japan. I'd come to think that my problems were in America, and I wanted to live the life of an expat. Cut to the track behind the high school in Izumi-Tottori and me running around and around and loving it. I had boundless energy. I felt invincible. At night, I read dense Russian classics. I finished *War and Peace* in a couple of days.

But the high soon flipped.

Before long I was fixating on suicide. I'd make it look like an accident or just put myself in enough cars with shitty drivers. The last thing I wanted was to burden my parents with the dishonor of having a son who killed himself.

When I returned to New York from Tokyo, I started a dead-end job at a financial services company. I would ride my bike all over Manhattan, weaving in and out of traffic and blowing through stoplights. There was a New Year's Eve party that began with Valium, speed, pot, washed down with around twenty drinks, and ended with my falling through a giant glass table. The ER doctors said I narrowly missed an artery.

He had always had an interest in the restaurant business, so he attended the French Culinary Institute in Manhattan for six months shortly after college. At age 22, he finally decided to become a cook. He worked at Jean-Georges Vongerichten's Mercer Kitchen at night and weekend shifts answering phones at Tom Colicchio's Craft. In 2003 he was hired at Manhattan's trendy, upscale Café Boulud. Life seemed to be looking up.

But six months into my tenure at Café Boulud, my tenacity began to fall short. I'd always known I could hack anything as long as I was ready to work and work. If I could embrace the numbing repetition of the kitchen, I could keep everything else in my life at bay. But doubt leaked into my psyche. One thought began to surface repeatedly: I still wanted to die.

With the benefit of many years of consultation with a professional therapist, I can tell you that what I was going through was my first full-blown experience with the depressive state of bipolar disorder. This particular low lasted for several months and was the longest and most intense I've ever endured.

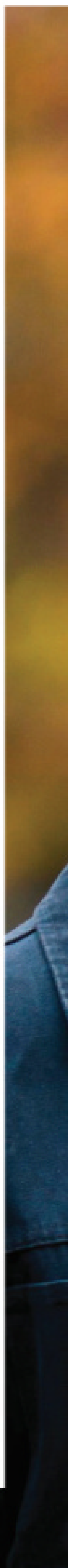
Eventually I found a doctor online. It was in that room that I started to figure out how to articulate what I was experiencing, which was as morose and cheaply dramatic as it was deeply felt. I'm happy to give you a taste:

My depression morphs and adapts. Sometimes

> 'Bipolar has given me the very best of myself as a chef and the very worst of me as a chef'
> —DAVID CHANG

What Is Bipolar Disorder?

Bipolar disorder causes dramatic shifts in mood and in the last year has affected some 2.8 percent of Americans; those with a family history are at higher risk. Symptoms include mania (feeling elated and on top of the world or feeling irritable and angry) and major depressive episodes, says Dr. Diana Samuel, a psychiatrist at Columbia University Medical Center. Bipolar I is characterized by manic episodes lasting at least seven days or with severe symptoms likely requiring immediate hospitalization, while bipolar II includes shorter depressive and hypomanic—a less severe form of mania—episodes, according to the National Institute of Mental Health. Symptoms can first occur in adolescence, and if left untreated, bipolar disorder usually worsens. But continuous treatment involving mood-stabilizing medications including lithium, considered a "first-line" option, and therapy "are quite effective in treating bipolar disorder," says Samuel, "and often help people to feel like themselves and live normal lives." —**DIANE HERBST**



From the book *Eat A Peach* by David Chang with Gabe Ulla. Copyright © 2020 by David Chang. Published by Clarkson Potter/Publishers, an imprint of Random House, a division of Penguin Random House LLC. All Rights Reserved.

Friendship and Regret

Before Anthony Bourdain's 2018 death by suicide, "I never asked him, 'Is everything okay, Tony?'" says Chang (with Bourdain in 2009). "The signs were there. But it wasn't supposed to happen to him. He was supposed to hold it together for all of us." The loss helped push him to write his memoir, which he hopes will encourage conversation about mental health struggles and suicide. "It happened to Tony with all he had going for him," Chang says. "It could happen to anybody."

it will be obvious and oppressive and other times it'll just simmer. It is a constant ache, a constant agony. Anything and everything in life is a reminder of the absurdity of existence.

My sole breakthrough was a private one: if nothing mattered, what did I have to lose? Thoreau said, "I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor." I took that to heart as I contemplated suicide. Work toward something. Open a restaurant. If it doesn't pan out there's always the other path.

He opened Momofuku Noodle Bar in 2004. It would eventually make him one of the most celebrated chefs in the country—yet he was still at the mercy of his demons.

I couldn't control my anger in the kitchen. I would implore my therapist, Dr. Eliot, to give me an explanation. He would avoid giving me specific diagnoses because he knew I was a hypochondriac who would read everything about whatever he said I had. He only confirmed to me a couple of years ago that I am bipolar, with something he called "affective dysregulation" of my emotions. Here's what that means: Say we're preparing for a critic to come in. I'll explain the importance of the situation to the staff and what I expect. Then someone will screw up anyway. They're human. I'll scream and yell and curse. I want to destroy them, but instead, I hurt myself. I'll punch a wall, kick a cabinet, threaten suicide.

Dr. Eliot describes it as a temporary state of psychosis. It doesn't only happen at work either. I will lose it at home, which is horrifying. My wife, Grace, tells me that when I'm angry I seethe like I'm an animal registering danger. I don't believe in soulmates, but when I try to envision someone who might stick with me for the rest of her life I can only imagine Grace. She's strong-willed and self-possessed. She's guided me through manic episodes, restaurant openings, good days, bad reviews. I'm striving to give as good as I get, and to stop treating loved ones like employees. She knows I'm trying. I love her for giving me the chance.

We got married in 2017, and two years later Grace gave birth to a boy we named Hugo. For many years I thought I'd never be ready to be a father. Now I know I just hadn't met Grace yet.

Do I still think about suicide? Well, there are periods when I don't, and when I do, it's usually more academic than emotional. I think about how nothing I've achieved would have been possible if I hadn't been ready to die from the outset—how my success is completely tied to my depression.

To fight mental illness you need help. Medicine, yes, but people are key. You can't do it alone. I'm lucky to have Dr. Eliot. The mere routine of talking to him has kept me alive. He brings out my most thoughtful and considerate self. When we're talking, I'm the version of me that's happy to wake up and face whatever challenge lies ahead. ●

A Healing Love

"We share an instinct to nurture and protect one another," Chang writes of Grace, whom he met at a nightclub in 2014.

If you or someone you know needs mental health resources or help, text "STRENGTH" to the Crisis Text Line at 741-741 to be connected to a certified crisis counselor.

COURTESY THE CHANG FAMILY (4)

SHERRI SHEPHERD WON'T STOP TALKING

(And Why Should She?)

Photographs by **MICHAEL ROWE**

SIX YEARS AFTER LEAVING *THE VIEW*, THE ACTRESS STILL KNOWS HOW TO START A CONVERSATION. LISTEN UP

***By* JASON SHEELER**

Sherri Shepherd knows how to be herself. And she's happy to share the secret. "My best girlfriend just called me. She has an audition, and she asked me, 'How do I do *you*?'" says the former *View* cohost. On Zoom from her home in Los Angeles, Shepherd breaks into her signature, about-to-crack-up smile: "I told her, 'You go in, be opinionated and know that God gave you a gift.'"

After 25 years in Hollywood, few stars have swerved from success to failure and back again with such relentless optimism. Her journey has taken her from legal secretary to stand-up comic and sitcom actor, back to secretary and then to seven years on *The View*. Now 53, she's a single mom to a 15-year-old son who has "unique challenges," she says, after being born with develop-

HAIR: TARSHA MARSHALL; MAKEUP: LATRICE JOHNSON; STYLIST: KWAME WATERS

mental delays. (His father is her first husband, actor Jeff Tarpley, whom she divorced in 2010.) She's hard at work on a new slate of gigs: the sitcom *Mr. Iglesias* on Netflix; a job cohosting the syndicated entertainment show *Dish Nation*; her podcast *Two Funny Mamas* with comedian Kym Whitley; and, later in the year, a faith-based musical on Netflix called *A Week Away.* It's been a tough few years, Shepherd acknowledges, but, "I've learned everything is going to be okay. What seems insurmountable now, I look back on and go, 'I made it through, and I learned a couple things.'"

Raised with three younger sisters in a strict Jehovah's Witness household in Chicago by her mother, LaVerne, and father, Lawrence, Shepherd remembers the night in her 20s when she found her calling as a comedian. "I gathered together about seven or eight legal secretaries," she remembers. "We all went to Sizzler's and then to the Comedy Store." Shepherd was making her table laugh when Andrew Dice Clay stepped onstage. "He was doing those nasty jokes. Someone said, 'You're as funny as him. You should do that.' That was a lesson for me. You can speak life into a person—so plant a seed." Her fellow secretaries helped her pay for comedy classes, and soon she was working the clubs nearly every night. Meanwhile, her mom was sick at home with diabetes (she died in 1992). "Stand-up was the only thing that kept me sane," says Shepherd, who has type 2 diabetes. "It's like Beyoncé says she has Sasha Fierce. When I got onstage, I was a different person. It was my escape from the world."

'I'M THRILLED THAT PEOPLE REMEMBER WHO I AM'

—SHERRI SHEPHERD

Shepherd made her name at the comedy clubs. TV was the next goal. At auditions, "there would be, like, one role: the Sassy Black Secretary," she recalls. "You think I liked competing with Niecy

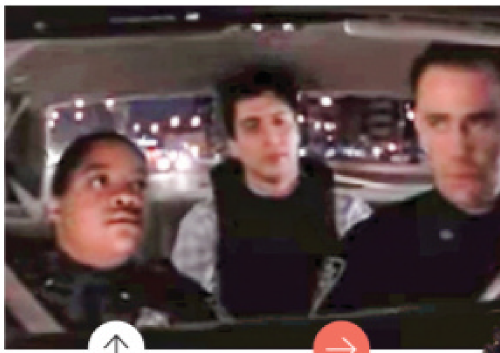
SHERRI THE SCENE-STEALER

Suddenly Susan

Shepherd joined the Brooke Shields-fronted sitcom in 1997. "Kathy Griffin told me how much money to ask for," she says.

Friends

"I got a standing ovation at the taping," Shepherd remembers of her 1998 guest appearance.



Everybody Loves Raymond

Shepherd played Brad Garrett's police partner from 1998 to 2003.

30 Rock

From 2007 to 2012 she played Tracy Morgan's wife on the Tina Fey-created sitcom: "Tina gave me a life."

Nash, Yvette Nicole Brown, Loni Love, Retta, Kym Whitley and Kim Coles? We were always in the same rooms together." They laughed through it. "The casting directors always came in and said, 'Keep it down!' It was like a family reunion. But we were like, 'Geez, can somebody get a job?'" Shepherd eventually did: "I became known as the Black girl on the white sitcoms."

In 1998, while starring on *Suddenly Susan,* she got a big opportunity: a guest role on *Friends.* "I remember this Black security guard was like, 'Girl, we rooting for you!'" Shepherd sent a promotional postcard to her friends and industry colleagues. Alongside a photo of her in an orange sweater, it read: "*Friends* finally got some color." She was never invited back. (The show later faced criticism for its lack of diversity.) "It was really sad," she says. "Then *Suddenly Susan* was canceled, and I had to return to working as a legal secretary." She temped at *Friends* star David Schwimmer's father's law firm: "He would bring all his clients over and say, 'This is Sherri Shepherd. She was on my son's show.' I was so depressed."

In 2007 Shepherd's career took off again when she joined *The View.* She sums up her time there in one word: evolution. "It was the most painful experience that I've ever gone through, but it was the best experience," she says. Early on, after Wendy Williams cracked that Shepherd could be "replaced with a potato sack," Barbara Walters offered some game-changing advice. "I love you," Shepherd remembers Walters saying. "I just need you to read a book, dear, and learn to defend what you believe. And *speak up.*"

Several times Shepherd's stream-of-consciousness opinions—including comments about Christianity and the LGBTQ community that many heard as unaccepting—sparked controversy. She apologized on the show, and today she adds, "You love who you love. I couldn't make two marriages work past six years. Who am I to be judging anybody?"

On the day in 2014 she was asked to leave *The View* as part of a shake-up following Walters's retirement, "I couldn't breathe," Shepherd recalls. Also, at the time, her marriage to Lamar Sally was ending in an ugly divorce that led to litigation over financial responsibilities for a baby conceived using Sally's sperm and a donor egg and delivered via surrogate. (Shepherd pays child support and will not discuss the situation.) "I was hanging onto my faith by the skin of my teeth," she says. "I said, 'Lord, what am I going to do?'" She got back to work.

She's juggling her latest jobs from home and, like many Black parents, experiencing fears along with proud moments while raising her teen son. "I'm anxious to let him leave the house without me," she says. "I'm walking a tightrope here, of keeping the joy and the innocence in his life and equipping him." Thankfully she has her "Sister Circle"—including Nash, Coles and many of the other women with whom she bonded at auditions years ago—as a support system. "We get together just to uplift each other," Shepherd says. "We talk and talk… and we listen." ●

HER CLOSEST BONDS

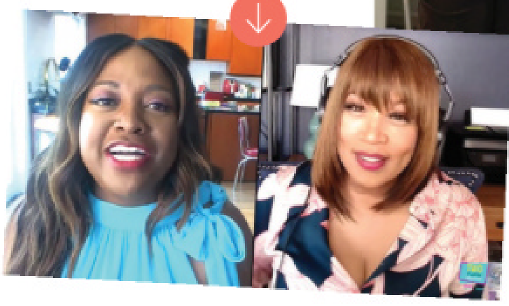
One Tough Mother
"I love this kid so freaking much it hurts," says Shepherd (at home with Jeffrey in July). "He exceeds every expectation."

True Friendship
"You can't make it in Hollywood by yourself," says Shepherd (with pal Niecy Nash). "She calls me every day at 5 a.m."

day of HOT TOPICS
THE VIEW

The View
"I was so scared," Shepherd says of leaving the talk show in 2014. "But Joan Rivers emailed and said, 'Funny girls will always work.'"

Two Funny Mamas
"Laughter is good for the soul that is weary," she says of why she created her podcast with Kym Whitley.



Mr. Iglesias
"I love that I got to get back to acting," she says of her role as a principal opposite Gabriel Iglesias on the Netflix series.

(SHERRI & JEFFREY) COURTESY SHERRI SHEPHERD; (MR. IGLESIAS) ADAM ROSE/NETFLIX; (THE VIEW) HEIDI GUTMAN/WALT DISNEY TELEVISION/GETTY IMAGES; (30 ROCK) ALI GOLDSTEIN/NBCU/GETTY IMAGES; (SUDDENLY SUSAN) KEVIN FOLEY/NBCU/GETTY IMAGES

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Jason Derulo

What My Life's *Really* Like

THE 'SAVAGE LOVE' SINGER REVEALS THE SECRET TO HIS CREATIVITY—AND HOW HE'S MISSING HIS MOM DURING QUARANTINE

By **JASON SHEELER**

I've never felt more free… I am finding new ways to be creative right now. I just got out of a 12-year recording contract. It's like getting over a bad breakup. Plus, I've never had this much time at home [because of the pandemic]. I was home only 60 days last year. I am used to being on all the time.

But I need a set schedule… Everything works better when I keep to it too. "This is time to shoot a video; this is time to write; this is time for FaceTime with family.…" That's as close as you can get sometimes. I try and set aside time for me too. That's a nap—an afternoon nap, then come back to work.… Ooh, that is amazing.

I dove headfirst into TikTok… I taught myself! And now with [my girlfriend] Jena [Frumes], most of our TikToks end up being together. There are so many that sometimes we have to be like, "Okay, we should probably do some stuff by ourselves."

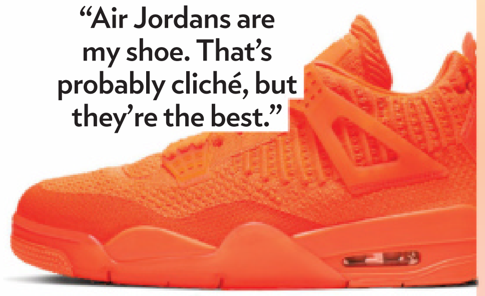
I love to play pranks… It's taken on a mind of its own, like the videos with Will Smith [appearing to knock his teeth out with a golf club]. I've been having fun with this entire thing and running with it. Every day I get a new idea. This has changed the way I think about my career.

I miss my family… Before all of this, I would see my nieces [so seldom that] they'd be a year older. I get to see them more now. But it's been seven months since I've seen my mom. FaceTime is the closest I've been able to get. That's hard. After all this is over, how do you go back into the world like nothing ever happened?

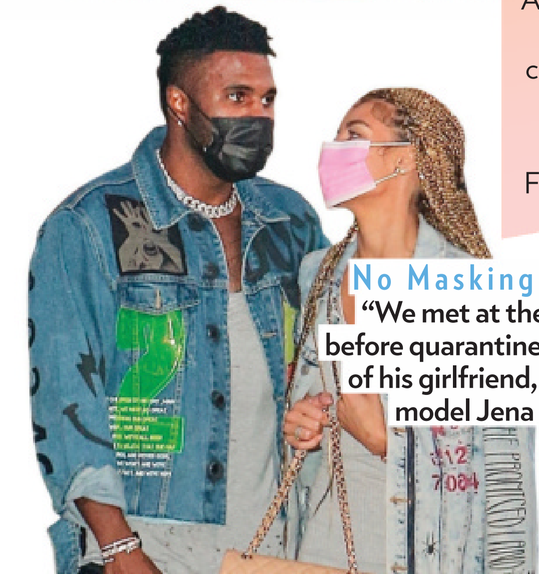
> **"I think that the harder you work, the luckier you get," says Derulo. "I've always had that mentality."**

Cooking with Uncle Jason
"I make a special meal for my nieces," says Derulo (at home with Asia, Skylar and their cotton-candy pizza).

Workout Buddy
"I get the best results when I work out right after I wake up," says Derulo (with his dog Ice).



Best Foot Forward
"Air Jordans are my shoe. That's probably cliché, but they're the best."



No Masking His Love
"We met at the gym right before quarantine," says Derulo of his girlfriend, 26-year-old model Jena Frumes.

DAILY STATS

Alarm set for…
Noon—my day is different than most.

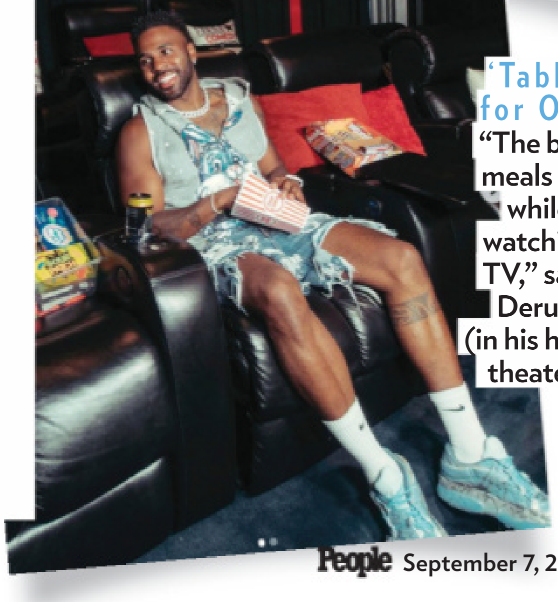
Coffee!…
One cup, but a big one.

I go to the studio…
Around 9 p.m. That's my creative time.

Lights out at…
Five or 6 a.m.!

Bed Head
"I don't think I can go back to [being] on a plane every day," says Derulo, 30. "During quarantine I've been able to wake up in my own bed."

Partner in Pranks
"We have more videos coming!" teases Derulo—who has 33.5 million followers on TikTok—of working with Smith.



'Table' for One
"The best meals are while watching TV," says Derulo (in his home theater).

(SHOE) COURTESY NIKE; (JASON & JENA) NYP/SHOTBYJULIANN/BACKGRID

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Your Beauty Questions Answered!

EXPERT TIPS FOR DEALING WITH MASK-RELATED SKIN ISSUES AND MORE

Going makeup-free, like **Jennifer Lopez** did Aug. 1, can prevent your pores from clogging, especially when you're wearing a mask.

Q | Why do my lips get so dry whenever I'm wearing a mask?

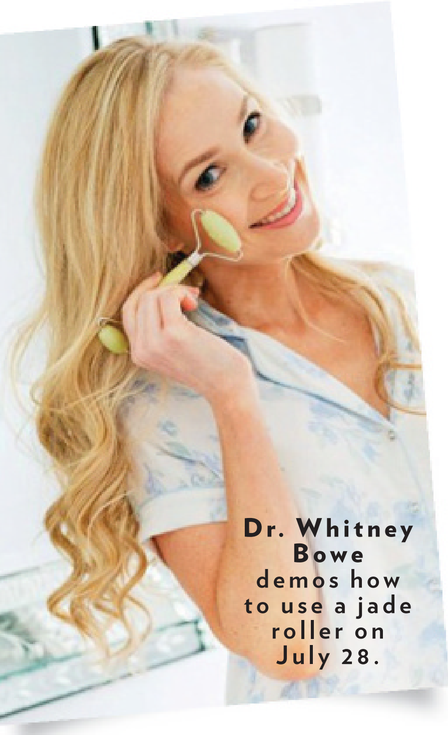
—**RUTH** in Georgia

A | "The rubbing of the delicate skin on your lips against your mask can be irritating and ultimately cause dehydration and chapping," says dermatologist Dr. Marnie Nussbaum. To fix it: Before you put on your face covering, apply a lip product that seals in moisture and protects the skin. And if you really want to keep your lips (and the rest of your face) hydrated, sleep with a humidifier on.

Hey Dewy Facial Humidifier, $39; heydewy.com **Eos the Hero Extra Dry Lip Treatment, $5;** walmart.com

THE HERO
EXTRA DRY LIP TREATMENT
eos
0.35 fl. oz. (10 mL)
hey dewy

This portable humidifier creates vapor for 10 hours straight



Dr. Whitney Bowe demos how to use a jade roller on July 28.

Q | Do any of those facial toning gadgets I see on Instagram really work?

—**BRITTANY** in New Jersey

A | Some of them are great—and some are also really expensive. But you can get similar results with an affordable jade roller, says dermatologist Dr. Whitney Bowe (left). "After applying a hydrating moisturizer, use the tool to create gentle sweeping motions. Apply light pressure around your eyes and moderate pressure along the jawline. The action both boosts circulation and wakes up your collagen-producing cells."

Q | I'm breaking out like crazy around my chin and mouth. What can I do?

—**HANNAH** in New York

A | Maskne—clinically known as acne mechanica—is "caused by the heat, friction and lack of air that comes with wearing a mask," says dermatologist Dr. Melissa Kanchanapoomi Levin. It can trigger a vicious cycle because once your skin's protective barrier is compromised, you're more prone to skin flare-ups, including more acne. Try adding a treatment with a retinoid such as Adapalene to your routine. "It will prevent pores from clogging and helps with inflammation," she says. And if you do get a pimple, cover it with a hydrocolloid patch to help it clear fast.

Neogen Dermalogy A-Clear Soothing Spot Patch, $16 (for 24); neogenlab.us **Differin Gel, $32 (for 1.6 oz.);** target.com

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INTENSIVE BLEMISH CARE
A-CLEAR SOOTHING
CLEAR SPOT PATCH
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DIFFERIN GEL
ADAPALENE GEL 0.1%
ACNE TREATMENT

(BOWE) JULIA D'AGOSTINO

No pro? No problem! **Molly Sims** shows her socially distanced spa day on March 19.

Q Is it safe to get a facial right now?

–**TRACEY** in Texas

A While some spas have reopened across the country, the CDC still advises against making frequent visits to one. That said, if you do have an appointment for a pro treatment, dermatologist Dr. Sapna Palep recommends calling to confirm that the staff is getting tested for COVID-19 regularly, wearing protective gear (face shields, masks, gloves) and sanitizing chairs between clients to ensure your safety.

SPF 30
COOLA
70%+ organic
full spectrum 360°
sun silk drops
1.0 FL OZ / 30 mL

This organic face sunscreen has an SPF of 30

Q How concerned should I be about blue-light exposure from screens?

–**BETH** in Kentucky

A "Just like some ultraviolet rays can cause the skin to age, the blue light emitted from several hours spent looking at your computer, phone or TV over time can contribute to skin issues such as a decrease in elasticity and hyperpigmentation," says dermatologist Dr. Lily Talakoub. If the broad-spectrum sunscreen you're using has antioxidants, it will help protect from harmful blue light. Talakoub recommends this serum-like formula, which can be used alone after toner or mixed with your moisturizer.

Coola Full Spectrum 360° Sun Silk Drops, $46; coola.com

Q How can I prevent my makeup from transferring to my mask?

–**WEVLY** in Louisiana

A "My trick is to layer setting sprays," says celebrity makeup artist Mai Quynh. Once makeup is done, she mists with Urban Decay's bestselling formula. She lets it settle for 10 minutes, then tops it off with a water-resistant version from Ben Nye. The combo will lock down your look for hours.

Urban Decay All Nighter Setting Spray, $20 (for 1 oz.); urbandecay.com
Ben Nye Final Seal, $10 (for 1 oz.); camerareadycosmetics.com

URBAN DECAY
all nighter
Ben Nye
FINAL SEAL
Fixateur à maquillage mat
1 fl. oz./29 ml.

Q Now that I'm playing up my eyes so much, I'm considering lash extensions. What do I need to know?

–**KIM** in North Carolina

Lash pro **Dionne Phillips** and a client on Feb. 25.

A Assuming the technician is following the same safety protocols (top left) as the dermatologists and aestheticians, you should be able to sit back, relax and focus on your extensions, which celebrity lash expert Dionne Phillips says will take at least 60 minutes to apply and start at about $200. Adds Phillips: "first-timers should always go for a more natural look to get used to them before graduating to something more dramatic."

Q I need some easy new self-care ideas.

–**SHRAVYA** in Connecticut

A Here's how we've been pampering ourselves at home:

"When I'm stressed, I put a drop of this soothing **Uma Pure Calm Wellness Oil** [$49; umaoils.com] on my wrists and take deep breaths."
—Brittany Talarico, senior style news editor

"I drop of one of these fizzy, foaming **Lush Shower Bombs** [$4 each; lushusa.com] in my shower to turn it into a mini spa."
—Jackie Fields, senior style & beauty editor

"When my hair looks good, I feel good. So I do weekly treatments with a **Pura D'Or Hair Masque** [$16; amazon.com]."
—Andrea Lavinthal, style & beauty director

(PHILLIPS) BRANDON KELLEY/YETI VISUALS

By **JACKIE FIELDS**

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KELLY FIELDS

Bread Pudding with Caramel-Rum Sauce

'Bread pudding is a rite of passage for pastry chefs in New Orleans,' says the owner of Willa Jean bakery and author of *The Good Book of Southern Baking*. 'This is an easy go-to for all occasions!'

2	**cups whole milk**
1	**Tbsp. grated orange zest (from 1 orange)**
5	**large eggs, at room temperature**
1½	**tsp. ground cinnamon**
2¾	**cups cold heavy whipping cream, divided**
2	**cups granulated sugar, divided**
2	**tsp. vanilla extract, divided**
10	**cups (1½-in.) crustless stale white bread pieces (from 12 pieces)**
½	**cup (4 oz.) unsalted butter, plus more for greasing pan**
½	**cup light corn syrup**
¾	**cup (6 oz.) dark rum**
½	**tsp. kosher salt**

1. Whisk together milk, zest, eggs, cinnamon, 2 cups heavy cream, 1 cup sugar and 1 teaspoon vanilla in a large bowl. Stir in bread, cover, and chill at least 30 minutes or up to 8 hours.

2. Preheat oven to 325°. Grease a 13x9-inch baking pan with butter; pour in bread mixture. Bake in oven until golden brown and set in middle, 65 to 75 minutes, rotating pan after 35 minutes.

3. Meanwhile, place butter in a medium saucepan over medium heat, and cook, stirring constantly, until it turns golden brown and has a nutty aroma, 5 to 6 minutes. Remove from heat. Add corn syrup, rum, salt, 1 cup sugar, ¾ cup cream and 1 teaspoon vanilla to pan; stir to combine. Return pan to heat over medium-low; cook, stirring occasionally, until sauce has reduced by half, 12 to 15 minutes. Remove from heat.

4. Scoop warm bread pudding onto serving plates. Ladle warm sauce over pudding, and serve.

Serves: 12

Active time: 30 minutes

Total time: 1 hour, 45 minutes

quick tip!

"I love using any bread I have around—hello, banana bread!—and making this recipe ahead," says Fields. "Warm it in the oven while you're eating dinner, sauce and all, and it'll be ready when you are."

FOOD STYLIST: MARGARET DICKEY; PROP STYLIST: MISSIE NEVILLE CRAWFORD; INSET: GABRIELLE GEISELMAN

Photographs by JENNIFER CAUSEY

For more celebrity recipes, visit **PEOPLE.COM/FOOD**

CANDICE KUMAI

Spicy Miso Ramen

'My Japanese grandmother is known for her ramen, but I do a California twist by adding stuff that will be good for our skin, like shiitake mushrooms,' says the chef, who teaches Selena Gomez how to make this version on HBO Max's *Selena + Chef*

2 Tbsp. toasted sesame oil
1 yellow onion, thinly sliced
2 cups thinly sliced shiitake mushrooms
⅔ cup organic red miso
¼ cup tahini (sesame paste)
2 Tbsp. mirin
8 cups water
2 Tbsp. Sriracha sauce
2 (10-oz.) pkgs. fresh ramen
2 cups baby spinach, divided
2 scallions, sliced on the bias
2 soft-boiled eggs, sliced in half
Hot chili-sesame oil (optional)

1. Heat toasted sesame oil in a large stock pot over medium. Add onion, and cook, stirring occasionally, until fragrant and translucent, 8 to 10 minutes. Add shiitakes, and cook, stirring occasionally, until tender, 2 to 3 minutes. Spoon out about ½ cup shiitakes, and reserve for garnish.

2. Reduce heat to medium-low; stir in miso and tahini to coat onions and shiitakes, and cook 2 minutes. Increase heat to medium; add mirin to deglaze pot, stirring to incorporate. Add 8 cups water, stirring well to dissolve miso paste. Bring mixture to a light simmer over high, and whisk in Sriracha until dissolved. Remove from heat; cover to keep warm.

3. In a separate saucepan, cook ramen noodles according to package directions until just tender, about 3 minutes. Drain noodles.

4. Divide noodles among 4 bowls. Add equal amounts of spinach and scallions to each bowl; ladle miso broth into each. Garnish with the reserved shiitakes, half of an egg and a drizzle of chili oil.

Serves: 4
Active time: 20 minutes
Total time: 40 minutes

Dishing with Selena Gomez!

The star filmed the cooking show Selena + Chef *from her home kitchen in L.A.*

Why did you want to do a food series?
"Particularly during this time, filming the show was a big escape for me and gave me something to look forward to. I know there are so many people out there hurting and stressed right now. I hope the show also gives an escape to anyone who needs it."

How would you rate your cooking skills?
"I found myself cooking more just as a result of being home over the last six months. I thought I was a decent cook before, but doing the show was definitely humbling—I realized I didn't know as much as I thought I did. I thought I knew how to make pasta, but I wasn't cooking it properly!"

Have your skills improved?
"For sure, but there's plenty of room for improvement. It changed my perception of how much time, effort and love goes into the art of cooking a beautiful meal."

What have you been cooking most?
"We're all craving comfort food, so mac and cheese always does the trick. Also, my Nana makes the most incredible dumplings, so I've been following her recipe. For me, there is something very relaxing about cooking!"

Gomez and her roommate Raquelle Stevens.

INSETS, CLOCKWISE FROM LEFT: SHO AHATO; STEVEN FERDMAN/GETTY IMAGES; HBO MAX

By MARY HONKUS *and* ANA CALDERONE

Canadian Comic

1	2	3	4	■	5	6	7	8	■	9	10	11
12				■	13				■	14		
15				16					■	17		
■	■	■	18			■	■	19	20			
21	22	23			■	24	25			■	■	■
26			■	27	28			■	29	30	31	32
33			■	34				35	■	36		
37			38	■	39				■	40		
■	■	■	41	42			■	43	44			
45	46	47			■	■	48			■	■	■
49			■	50	51	52				53	54	55
56			■	57				■	58			
59			■	60				■	61			

across

1 Alma mater of Jodie Foster and Meryl Streep

5 Broadway fiasco

9 George W. Bush's brother

12 Sign in all U.S. movie theaters

13 Chaplin's fourth wife

14 United Arab Emirates (inits.)

15 *Long Shot* and *The Disaster Artist* star (2 wds.)

17 "Let Me Ride" rapper Dr. ___

18 ___ crow (admit one was wrong)

19 Rod Stewart's "___ I"

21 ___ on (talk at length about)

24 Shaquille O'___

26 will.___ of the Black Eyed Peas (2 wds.)

27 Made an appeal

29 15 Across voices Pumbaa in *The ___ King* (live-action film)

33 15 Across was a writer on *Da ___ G Show*

34 15 Across's *Knocked Up* costar Katherine

36 Be in debt

37 *Chicago* star Catherine ___-Jones

39 Not aweather

40 Beyoncé's "I ___ Here"

41 Without

43 Comes closer

45 15 Across debuted in TV's *Freaks and ___*

48 *Future ___* features 15 Across

49 *The 40-Year-___ Virgin* with 15 Across

50 Applegate or Aguilera

56 Wrestler Anderson

57 Baseball-game setbacks

58 News anchor Burnett

59 Stevens or Aykroyd

60 Rory McIlroy's pegs

61 ___ the riot act to (reprimand)

down

1 *Oui* or *sí* in English

2 Lizzie Borden's alleged weapon

3 ___ a fire under (spurred into action)

4 Lucy's TV chum

5 ___ the bill (pay for)

6 ___ out (leave a website)

7 *Ready Player ___*

8 15 Across voices Mantis in *Kung Fu ___* films

9 15 Across's frequent director Apatow

10 Make a profit

11 Root veggie

16 Lauren or Nader

20 Blake Shelton's "___ Just Hold On"

21 15 Across's *The Green Hornet* costar Cameron

22 Wide-___ corduroy

23 Give off

24 Diamond and Sedaka

25 Tom Cruise's *___ of Tomorrow*

28 "___ on Me"

30 Ashton Kutcher's home state

31 Famed racehorse Man ___ (ltr. and wd.)

32 Historic crime-fighter Eliot

35 Dunham, Olin and Horne

38 Adele's "All I ___"

42 Broad silk necktie

44 Important computer-keyboard key

45 TV's *The ___ Doctor*

46 Jazz legend Fitzgerald

47 Barbara who played TV genie Jeannie

48 The Muppets' ___ Piggy

51 ___ and cry (clamor)

52 66 or 9W, for short

53 Infuriation

54 Singer-actress Peeples

55 The Beatles' "___ I Love Her"

Answers to last week's Puzzler

G	R	E	G	■	B	I	L	■	R	E	B	A
R	E	D	O	■	R	O	O	■	A	R	A	B
R	A	G	S	■	A	N	G	■	D	I	G	S
■	L	E	S	L	I	E	J	O	N	E	S	■
■	■	■	I	A	N	■	A	N	E	■	■	■
M	U	R	P	H	Y	■	M	O	R	G	A	N
E	S	O	■	■	■	■	■	■	■	E	G	O
L	E	B	R	O	N	■	A	P	A	T	O	W
■	■	■	A	K	A	■	R	E	L	■	■	■
■	K	R	I	S	T	E	N	W	I	I	G	■
M	A	I	D	■	I	W	O	■	S	O	O	T
E	T	T	E	■	V	A	L	■	O	W	E	N
G	E	A	R	■	E	N	D	■	N	A	S	T

By JOHN GREENMAN

MATT WINKELMEYER/GETTY IMAGES

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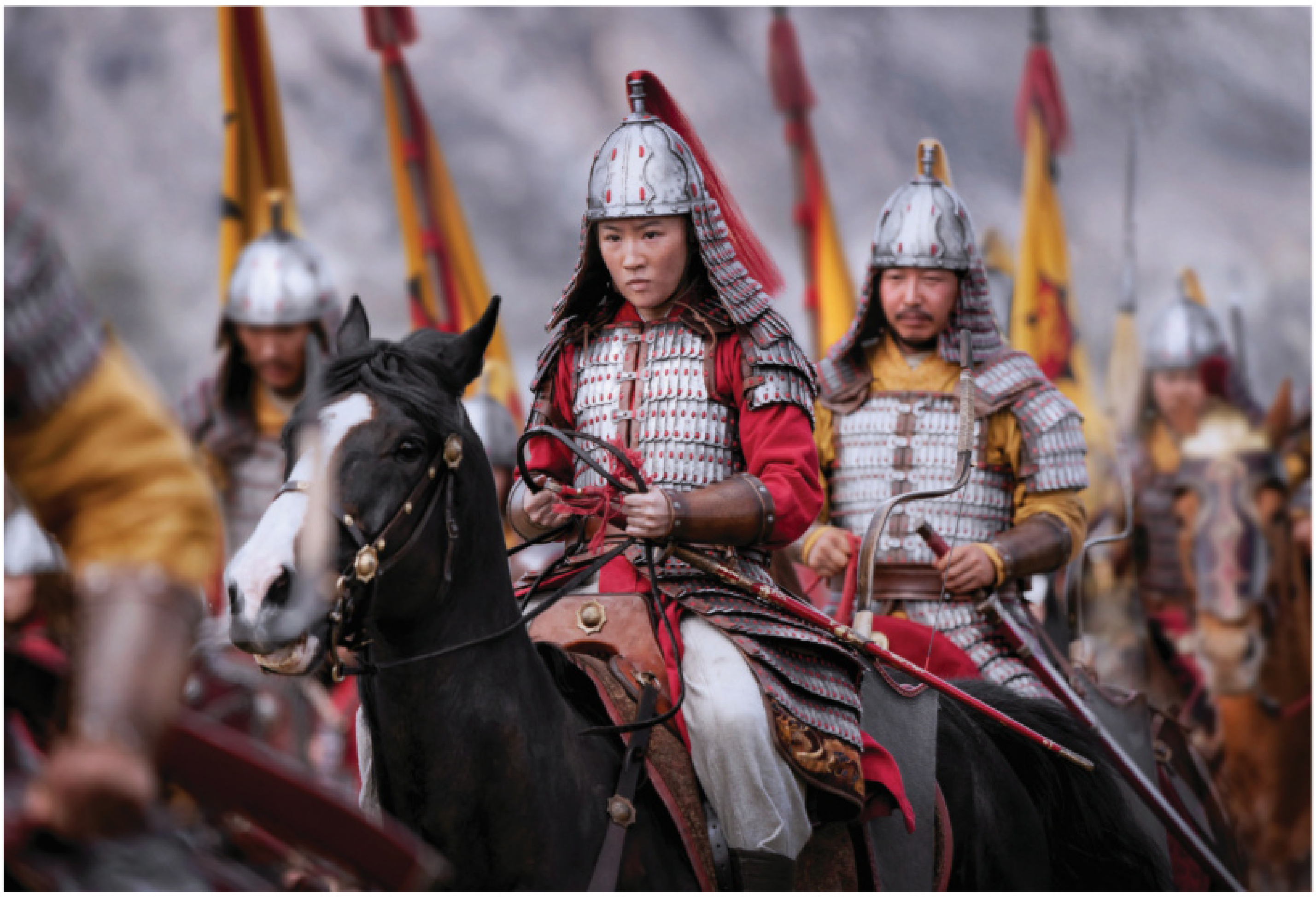
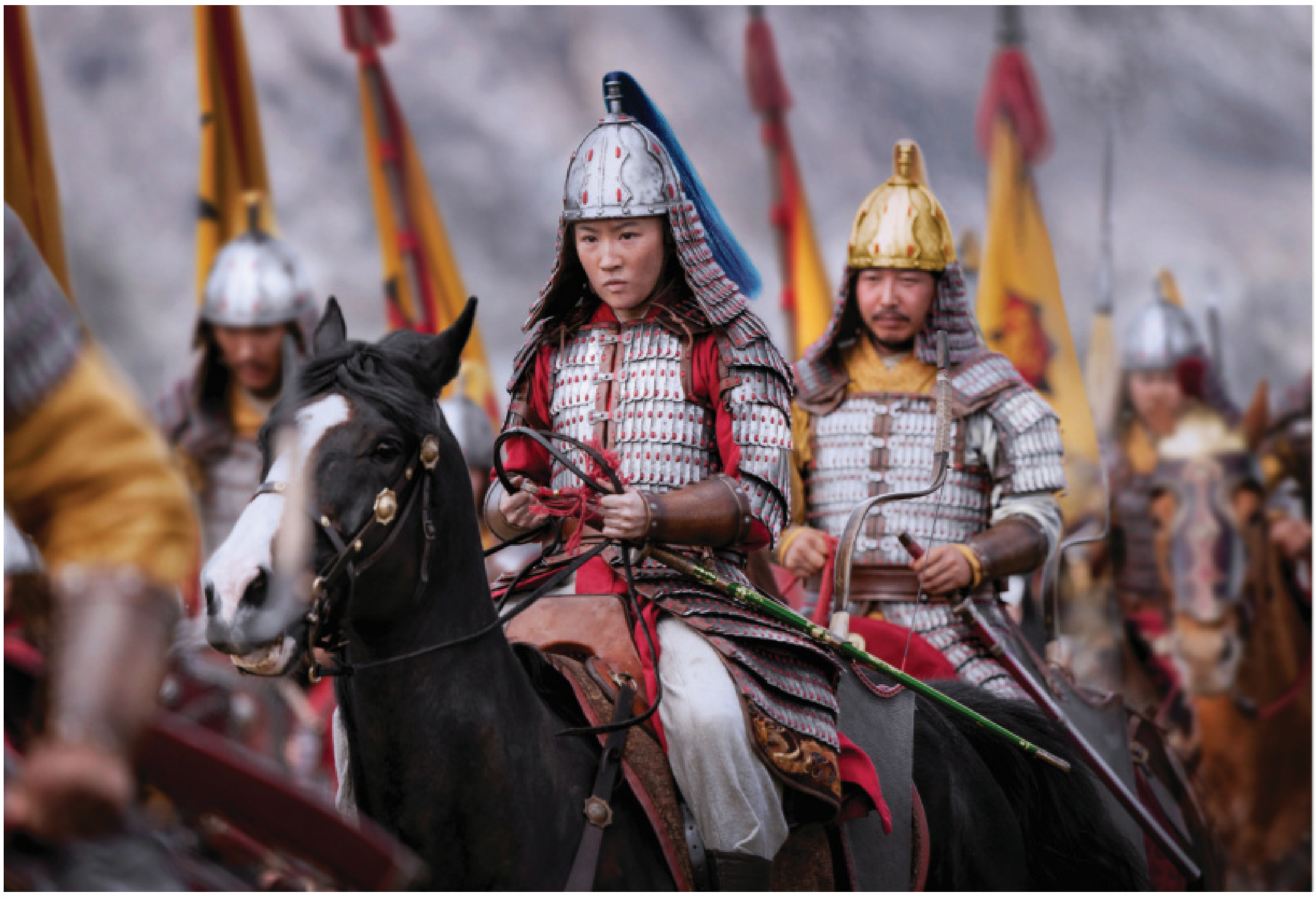
See if you can find the differences in these two pictures





Undercover as a soldier in China's Imperial Army, Hua Mulan (actress **Liu Yifei**) rides with fellow warriors to defend her country against northern invaders in Disney's *Mulan*. Intended for release in the U.S. in March, the movie was postponed because of the COVID-19 pandemic. But starting Sept. 4, Disney+ subscribers will be able to purchase and stream the live-action remake of the 1998 animated classic (based on a Chinese folk story).

10

changes to keep score!

☐ ☐
☐ ☐
☐ ☐
☐ ☐
☐ ☐

1. An additional flag has been added to the background, left. **2.** The bottom gold insignia on the bridle of the horse Mulan is riding has moved up. **3.** The insignia on the front of Mulan's saddle is gone. **4.** The red horsehair on Mulan's helmet is blue. **5.** The helmet on the soldier behind Mulan is gold. **6.** Mulan's armor is covering more of her arm. **7.** Mulan's scabbard is now green. **8.** The red-and-yellow flag on the far right is larger. **9.** A section of the sleeve worn by the soldier behind Mulan is now gray. **10.** The soldier's sword is shorter.

JASIN BOLAND/DISNEY+(2)

Busy Philipps

THE ACTRESS, 41, JUST LAUNCHED THE NEW PODCAST *BUSY PHILIPPS IS DOING HER BEST*

Last thing I learned about myself
That even when there's no reason to get up, I really like waking up early. I'm basically like a baby. It's a nice way to just give myself a breath before the day starts.

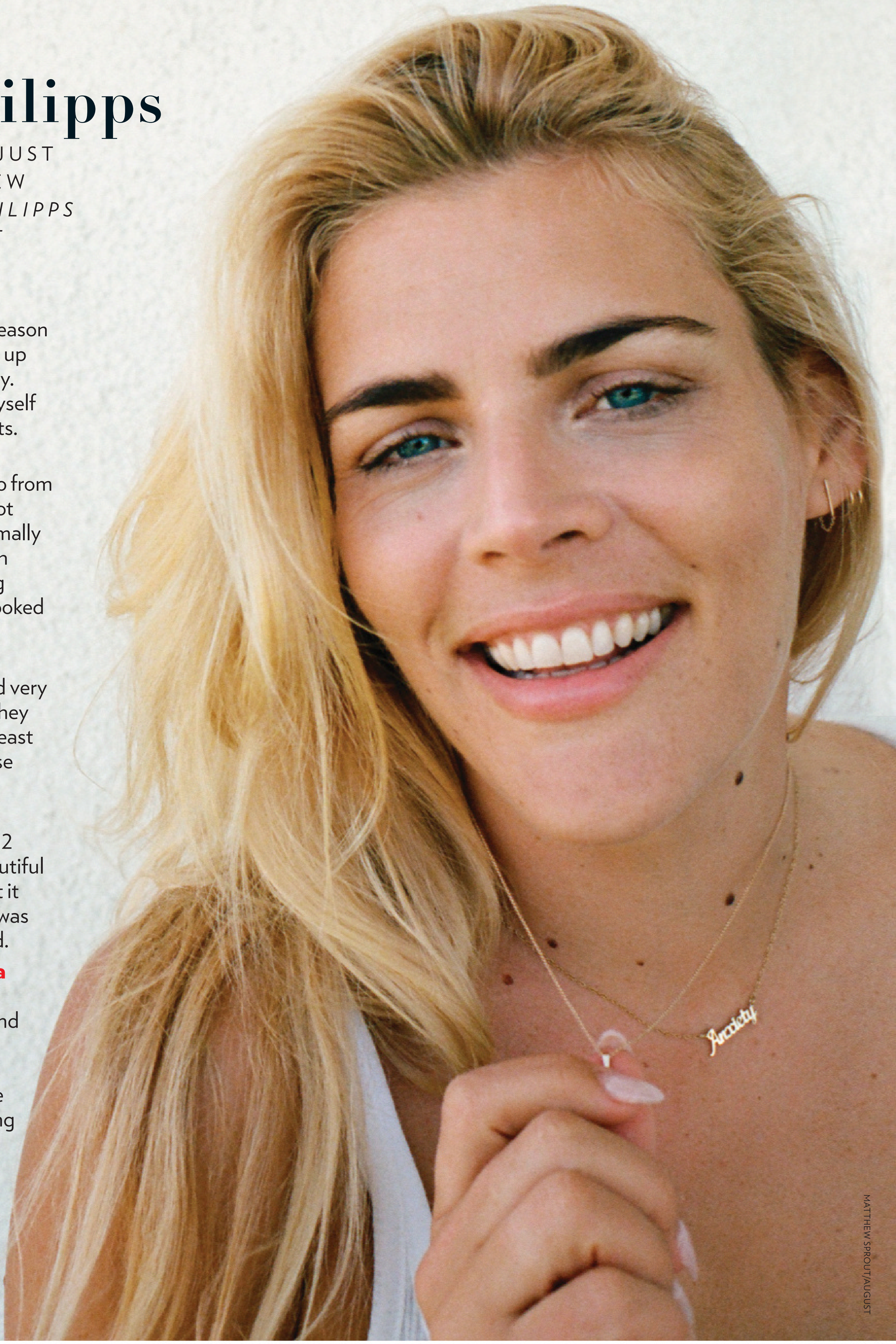
Last fashion disaster
There was a paparazzi photo from a few days ago, and it was not a cute moment for me. Normally I'm like, whatever, they catch you when you're not sucking your stomach in, but I just looked very disheveled.

Last recurring dream
When I was a teenager, I had very vivid apocalyptic dreams. They involved siphoning gas. At least they can't come true because I drive an electric car now.

Last time I cried
My daughter Birdie turned 12 and asked for this really beautiful dress. She opened it and put it on, and I started to cry. She was just born; I don't understand.

Last moment of nostalgia
Weirdly, the other day Marc [Silverstein, her husband] and I could not figure out why [their 7-year-old daughter] Cricket's cheeks smelled like a baby. We both were sniffing her, and she was like, "You guys are weird." She usually smells like Nutella.

By **JULIE JORDAN**



MATTHEW SPROUT/AUGUST

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